

***Falling...***  
***A Contact Improvisation Jam***

**Music**  
**Dance**  
**Food**  
**Fun**

Contact improvisation is a dance form that explores the physics of two (or more) bodies in motion. With an emphasis on gravity, flow and spontaneity, you get to fly, jump, roll and tumble.

A jam is an open play session for all levels of movers, from the total beginners to the high flyers.

**October 2 2010**

**10am-5pm**

**Warm up at 10:30**

**Movement Arts Ottawa**

**111a Rideau Street 3<sup>rd</sup> floor**

**\$30 for the day (incl. lunch), \$15 for half day**

**For more information/registration:**

**[collectivegulp@artengine.ca](mailto:collectivegulp@artengine.ca)**