

Contact Improv Dance Workshops

Sunday Workshops: 2 - 6pm
with Suzanne Liska



Photo by Walter Lai of D.Rose and S.Liska

All Levels:

Apr 1, 2012 - Duets within Ensemble

June 10, 2012 - Momentum and Direction

*Int/Adv:

Feb 12, 2012 - Timing for flight

April 15 15, 2012: Trios in Motion

In the CI workshops, we will research how directing our movement and thoughts, informed by the Alexander Technique principles, can guide us towards greater ease and options in partnering. The CI skills taught will include both softer rolling points and dynamic lifts. Exercises will guide you to access your core-support, spiral, and multi-dimensionality.

The CI and Ensemble workshops are taught using a student-centered research approach, where students have opportunities to direct the learning and may be called upon to facilitate the discussion and/or movement.

Suzanne Liska is a dance artist and teacher and Co-Artistic Director of Flightworks with Diana Groenendijk. She is also the co-founder of the aLOFT Project, a Toronto Improv performance ensemble. Suzanne teaches professional dancers, actors, high school and elementary school students, and community dancers. Her teaching is informed by studies with Pam Johnson, Nina Martin, "Viewpoints" approaches, and the Alexander Technique.

Registration, prices and location on reverse side.

Spontaneous Composition

Improv Ensemble Dance Workshops
Sunday Workshops: 2 - 6pm



Photo of K. Kaeja, Y.Candau, D.Rose, K. Nakhaei, A.Kaeja

April 1, 2012 - Duets within Ensemble

May 13, 2012 - Habits & Choices

June 17, 2012 - "Ready for anything, prepared for nothing" (F.M. Alexander)

We will draw from insights of the natural world to deepen our research in ensemble improvisation. Drawing from nature we will uncover our instincts to respond to others, to our own emotions and body, and to the environment around us. Scores will be taught to develop awareness of the choices available to us on how, when, and in what way to respond with our whole self. We will create movement as a group in the moment, exploring physical, spatial, emotional, rhythmical, and vocal scores.

Location: 3rd Floor Dovercourt House
805 Dovercourt Rd. (near Bloor/Ossington) Toronto

\$60/workshop for CI and/or Ensemble

Discounts before Feb. 5:

30% off 3 workshops

40% off 4 workshops or more

CADA/AEA/Stu: 5% additional discount

***Int/Adv:** Intermediate to advanced level - Minimum one year of regular CI practice or equivalent.

Registration: Suzanne Liska 416 704-8096
suzliska@yahoo.com www.Contactimprov.ca/on/toronto

No-drop ins. Pre-registration required.