



Contact-Improvisation Workshop:

A Generous Dialogue

Contact-Improvisation is a dance-form based on a movement dialogue through physical connecting.

This dialogue may include the spontaneous joy of moving together; the mutual and attentive flow; the safe touch as well as some risk taking; clarity of technique together with tolerance for disorientation and letting go of control, letting go of ego and of ambition; the encounter with playful humor as well as deep rooted fears, curiosities, and moments of a meaningful relating with each other. In the give-and-take of the dancing, in the intensity of the performance, am I generous to myself, to partners, to the audience?

What may support my ability to share of myself, as well as my ability to generously give, receive and recharge? How can I turn my dancing and performing into a generous field?

We shall play, enjoy many mistakes, and experience dancing Contact-Improvisation as a very physical dance-form as well as a relational exploration of human contact. We shall explore this dance both as a fun form of bodywork, as a dance technique, and as a context for improvisational performances.

Arye Bursztyn

Dances, teaches and performs CI since 1984. Taught and performed in Israel, Europe, USA and Japan with set and improvised work. Danced professionally at Bat-Sheva, Kol-Demama and Karmon Dance companies, in his own works and in the productions of Ushio Amagatsu of the Sankai Juku Butoh Dance Company for western dancers, in USA and Japan.

BA in Psychology, Sociology and Anthropology from Tel Aviv University, (1978), and an MFA in dance from Smith College, Northampton, Mass. USA (1989). Teaches movement, improvisation, CI and composition for dance and for theater students at Seminar Hakibbutzim Teachers' College in Tel Aviv, Israel, and in various international festivals and venues, and created more than 70 dance and theater pieces for various companies and theaters, mostly in Israel, some in USA and Europe. He is also a holistic BodyMind Gestalt therapist and trainer.