



Contribution ID: 73

Type: **not specified**

Contact improvisation dance intro

Wednesday, 25 January 2023 15:00 (2 hours)

Contact improvisation is a form of improvised partner dancing. It involves the exploration of one's body in relationship to others by using the fundamentals of sharing weight, touch, and movement awareness. It has evolved into a broad global community of social dancing around "jams" characterized by their welcoming attitude towards newcomers to dance, as well as seasoned practitioners, and is often found overlapping with ecstatic dance communities.

The workshop will give a small taste of contact improvisation with some basic exercises and then we will end with a small jam. then we will end with a small jam.

Presenter: VIKLUND, Johan (NBIS, SE)

Session Classification: Social and creative activities