

December, 4-18, 2014

Contact Improvisation - The Basics with K.J. Holmes

Company: Movement Research

Venue: Gibney Dance Center

Location: New York, NY

► [Share](#) | [Print](#) | [Download](#)

Contact Improvisation, initiated by dancer Steve Paxton in 1972, is a dance practice that plays with the physics between bodies and gravity. Using partnering skills such as rolling, releasing, weight exchange, falling, lifting and catching, and expanding range of spatial choice, the practice helps one move within sensation and disorientation, access moveable supports and tune to the use of touch, momentum, resistance and flow in physical contact as well as in solo play. These weekly classes, open to people of all levels of movement experience, are informed by the individual artist faculty and will be especially directed towards developing basic skills and practicing foundational CI techniques. This is an introductory class for those with little to no experience with Contact Improvisation or those who would like to revisit the basics.

Movement Research
280 Broadway
New York, NY, 10007

Schedule
September 23, 2014: 8:00pm

[< back](#)

[previous listing](#) • [next listing](#)