

WORKSHOP INFO:

Title: "Surviving Dance-Crash Moments" Persisting in a direction through friction results in acceleration. A repertoire and bodywork workshop with Ronnie Heller & James Bailey.

Workshop description: As an artist and an academic scholar I am currently absorbed and fascinated with the subject of "Free Will". In the piece "Surviving Dance Crash Moments", through choreographed moments of clashes and crashes, I tackle the subject of free will in relation to the automaticity of human behavior in everyday life.

Accidents are a part of our lives. The outcome of these "out of our control moments" is subject to our instinctive patterns. These acquired and inherited patterns will determine how we react in these "out of our control" moments, in relation to gravity, space and time.

Intentionally entering controlled accidents and gradually letting go of control can allow us to train and re-pattern our instincts, to react faster and with greater skill and therefore to take on greater risks with more security as we fly, fall and crash.

The dancers' foot is skilled and perfected to meet the floor softly and silently, with great intensity and speed. It is my current fascination as choreographer and performer to try to achieve this with the body as a whole while meeting the floor and other bodies.

Modified techniques from Martial Arts, Booth, early Contact Improvisation (fall after Newton), gymnastics, "Primal Practice" Feldenkreis and improvisation shall be applied.

In the first section of the workshop James will facilitate bodywork and embodiment practices in order to prepare physically and on the psycho-emotional level, for the work we will be doing in crashing and falling.

Please come with long sleeved clothes for protection and extra padding, and bring knee and elbow pads if you need. No special experience required.

The workshop will run on Saturday & Sunday 24-25th February

12:00-17:30 with a 1hr break in between sections.

Ronnie Heller - a short biography

Dancer, teacher & choreographer, born in the U.S.A, living and working in Tel Aviv Israel. Ronnie is a B. Dance graduate from the Jerusalem academy of music & dance and a Former member of "Clipa" theater, working as an independent choreographer and freelance dancer, founder and director of "Ronnie Heller Dance-Theater. Ronnie is teaching "body- theater", composition and repertoire of her work in the B. Dance program within the movement department at the Jerusalem Music and Dance academy in Jerusalem and studying there on scholarship of excellence for her Masters degree in choreography. This October Shall begin to teach movement for actors at the Theater department of Tel Aviv University, in the direct M.A. program for excellence in theater.

<http://ronnieheller.com/works.php>

James Bailey - a short biography

I'm a performance artist, shamanic bodyworker and facilitator, born in the UK, though I have spent most of my adult life in Basel. I have been on stage or in front of the camera for about 20 years, acting in theatre, film, tv, commercials, playing music, dancing, whatever I was interested in. I was temporarily at theatre and music school in London and Brighton, but left to pursue a more independent manner of learning and performance. I trained in sports & clinical massage at Jing Massage Institute in Brighton and have since been exploring the world of bodywork from many

different perspectives. I incorporate shamanic ritual within my work. The concepts I teach within a bodywork context are an attempt to teach that which underlies technique.