



*A repertoire and bodywork workshop
with Ronnie Heller & James Bailey*

SURVIVING DANCE- CRASH MOMENTS

Photo: Natasha Shakhens

Are you fascinated with the subject of "Free Will" and do you want to 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. 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. 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.*

Date: Sat & Sun February 24th/25th 2018
Time: 12.00 to 17.00 with a 1 hour break
Place: zoEspaces, Elsässerstrasse 34.4056 Basel
Costs: CHF 150.- Early Bird to January 28th: CHF 120.-

Register: info@zoe-tanz.ch

you will get a confirmation mail a few days before the workshop

More information: jamesaebailey@gmail.com or
ronehe@gmail.com

