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Fall 2010 Guest Artist Workshop Series



Expanding the Toolkit for the
well-rounded dancer, choreographer,
and performing artist.

Contemporary Dance and Fitness Studio

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cdandfs.com

Guest Artist Workshop Series

Contemporary Dance and Fitness Studio
September 11–December 4, 2010

CD&FS is proud to be offering this exciting series of guest artist workshops. This series is designed to bring new ideas and styles for more diverse training. Our goal is to expand the dancer's toolkit to create a well-rounded dancer, choreographer, and performing artist.

Workshops range in variety from the physically rigorous and mentally expansive to the exploratory and experimental. Styles include modern, street jazz and hip hop, contact improvisation, storytelling through improvisation, composition, and Butoh.

All seven workshops are great for the experienced dancer. Several workshops are also appropriate for people with less movement experience. Read the workshop descriptions or call us to determine if a workshop is right for you. For more information, please visit www.cdandfs.com.



photo: Kate Elias



photo: Alan Kimara Dixon

Workshops – Dates – Artists

Sept 11th & 18th **Street Jazz** Kelly Sturgis

Sept 25th & Oct. 2nd **Defying Gravity: Contact Improvisation** Tiffany Rhynard

Oct 9th & 16th **Movement and Collaboration** Ellen Smith–Ahearn

Oct 23rd & 30th **Direct Actual Nuanced Conversation Experience Technique** Selene Coburn

Nov 6th & 13th **Improvisation: Movement–Storytelling** Lida Winfield

Nov 20th & Dec. 4th **Upside Down, Sideways, Backwards and Turning** Kellie Lynch

Dec 11th & Dec. 18th **Modern–Butoh Fusion** Sophia Emigh



Street Jazz Kelly Sturgis

Sept. 11th & 18th 10-12noon

Funky hip hop beats and graceful jazz technique will find common ground in this workshop, as students are introduced to a new type of hip hop dance. "Street jazz," one of the hottest dance styles born on the East Coast, combines jazz, hip hop, and funk. Classes will feature basic leaps and turns mixed with intricate, music video-style choreography. Students will begin by learning basic dance vocabulary, placement, and movement in fundamental jazz techniques. These skills can then be incorporated into the choreography, as technical elements are mixed into a high-energy hip hop routine. Emphasis will be placed on movement precision and performance quality. Intermediate/advanced (dance experience recommended)

Please register by August 27th or call studio for space availability.

Movement and Collaboration Ellen Smith-Ahearn

Oct. 9th & 16th 10-12noon

Ellen's class blends contemporary techniques that strengthen, center, and challenge dancers of varying levels to move with clarity and intention. Be ready for dynamic weight-shifting, handstands and floorwork! Once we've established and grown comfortable with the movement material, we'll break into small groups to explore the collaborative process of making dances. Together, students will experiment with basic choreographic structures in a guided exploration that is imaginative, rigorous, and playful. Intermediate and Advanced Level

Please register by September 24th or call studio for space availability.



Defying Gravity: Contact Improvisation Tiffany Rhynard

Sept. 25th & Oct. 2nd 10-12noon

Contact Improvisation is an athletic and highly improvisational form of dance partnering. Through various group and partnering exercises, we build trust and learn to roll, fall, slide, give and take weight, and defy gravity. Drawing from release technique, weight-based inversions,

Yoga, Pilates, and Body Mind Centering, our goal is to align the body in a manner that is bio-mechanically efficient. With a childlike sensibility and an adventurous attitude, we learn to take risks, broaden our range as performers, and develop a physical vocabulary with which to improvise with other dancers. Movement experience recommended.

photo: Alan Kimara Dixon

Please register by September 10th or call studio for space availability.

Direct Actual Nuanced Conversation Experience (D.A.N.C.E.) Technique Selene Coburn

Oct. 23rd & 30th 10-12noon

Using set material, as well as improvisational and compositional exercises, we'll examine the exchange between dancer and viewer that lies at the heart of movement performance practice. Using our faces, bodies, and (for those who feel comfortable) our voices/words, we'll learn how to harness the vulnerability, intimacy, and power of performance. Participants will act as both dancers and viewers, gaining a richer understanding of both sides of the experience. All abilities welcome.



photo: Mat McDermott
Please register by October 8th or call studio for space availability.



Improvisation: Movement-Storytelling Lida Winfield

Nov. 6th & 13th 10-12noon

In this workshop, we will explore the world of talking, expressing and moving together, and look at theater/dance/art and spoken word in a creative and new way. Using improvisation, we will explore different ways of creating text and movement and write our own stories with body and voice., working both solo and in groups. We will explore the link between slam poetry, dance, storytelling and performance writing. Building skills in spoken word and dance contributes to a full and rich performer and repertoire. Creativity and an open mind are all that are needed to enjoy this workshop; no prior experience necessary. Teens and adults of all sizes and abilities welcome.

photo: Gene Parulis

Please register by October 22nd or call studio for space availability.

Modern/Butoh Fusion Sophia Emigh

Dec. 11th & 18th

This class will explore what it means to be moved by inner forces rather than asking the body to assume specific external shapes. We will explore how movement vocabulary and concepts from traditional and modern forms of Butoh can be employed to varying degrees within the modern dance framework. Exercises will include introductory explorations of weightlessness, heaviness, presence, breath, embodying elemental qualities and much more. This workshop explores where we draw our passion and creative spark from and what it means to be human as well as learning a new form of movement. We will share creative movement assignments, create small compositions, and compile and critique movement in groups

As this workshop focuses more on internal motivation than outward form, it is open to all levels of dancers in terms of technique. However, we are seeking medium-to-advanced dancers in terms of maturity and focus, committed to establishing an atmosphere of trust to allow dancers to take risks, follow curiosity, and "extricat[e] the pure life which is dormant in our bodies." (Iwana Masaki)

Please register by November 26th or call studio for space availability.



Upside Down, Sideways, Backwards and Turning Kellie Lynch

Nov. 20th & Dec. 4th

We will be tumbling through space with clarity and precision utilizing spirals, weight, and initiating movement from various points of the body. The class structure involves floor work for sequencing; standing center exercises for technique and balance; using inversions to propel the body through space; and phrase work that moves dynamically through space up side down, sideways, backwards and turning to tie our class concepts together. Recommended for the experienced mover, willing and able to go upside down!

Please register by November 5th or call studio for space availability.



2010 Saturday Series Registration Form

Mail to:

Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601

Student's Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Address _____

City,State,Zip _____

Email Address _____

Registering for:

Street Jazz Defying Gravity

Movement & Collaboration D.A.N.C.E.

Improvisation Upside Down

Modern/Butoh

Please register by 2 weeks before selected workshop.

Tuition:

\$216 for 7 workshop series

\$36 per workshop or

8 punches on CD&FS punch card (call for details)

Check enclosed \$ _____

I have a punch card

Charge my Mastercard/Visa \$ _____

Exp date _____

Signature _____

Print Name on Card _____