

October 21,22

# Contact Journey

w/ Scott Wells



Journey of the senses into contact.

*Playful and focused. Deep and Light, practical and Extravagant.*

**Registration:**     **ci-jena@web.de**

There will be bodywork, contact skills, longer passages of exploration, structured group improvs, and some flying moments (For the lifts and fluid acrobatics everyone will work at their own level and learn best by building group safety and trust) We'll do my favorite contact exercises and current curiosities. Created or learned over decades of investigation and indulgence.



Contact dances that begin with bodywork encourage listening, connection, ease and pleasure. Much of contact improv is getting out of your own way. “**tension masks sensation**” (S. Paxton). I’ve taught around a thousand ci classes and have my favorite ways to hone in on contact skills: falling, supporting, rolling point, listening, feeling the ground through your partner, the flow with yourself and with partner.

We will expand from the duet into group constellations and dancing. Your contact journey will be guided but will be your own: intersecting, sometimes, joining others, open to distractions and impulses on the way.

Scott Wells has been practicing contact improv for 40 years, teaching for 30 and directs an award winning dance company in San Francisco. He has created works for skateboarders, for boxers and choreographed West Side Story. Scott has toured to Europe for the last 25 years teaching and performing in festivals in Moscow, Barcelona, Budapest, Berlin, Vienna, Zagreb, Bucharest and Ankara to name a few. He has an MFA in Dance, and is along-time practitioner of Alexander Technique and BMC. His current passions are Eyebody practice, moving from the organs and contact improv.

