



CONTACT
IMPROVISATION
TRAINING

Irene Álvarez Coto

CONTACT IMPROVISATION

CI is a **dialogue** between bodies. It is a form of non form where patterns of movement depend on the sensibility & physical abilities of the practitioners, the effect of gravity, the inertia & the point of contact between the bodies.

Helping each other. Trusting in ourselves and others.

Cooperating to get common objectives without competition

Being responsible of our own integrity and respecting each individual freedom are values that rules any CI practice.

There's no right or wrong. It is an **exploration**.

It has a very clear beginning but no end. It evolves in order to the people who practice it. In CI we are learning continuously, altogether.



*"Around
Physical Body &
Relationships"*



*"Instinct
& Sensitive Body"*

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*"Imagine &
Dare to Play"*



*"We are one
with the Universe"*

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4 intensive workshops, to deepen into the CI practice

Understanding the body as a Whole:

*Moving body, Sensing body, Creative body, Thinking body and Spirit
related to the 5 elements: Earth, Fire, Water, Wind, & Ether.*

*Bodies (masses) in Motion affected by Universal forces
Communicating through Movement, through the Sense of Touch.*

CI as life itself.

Each intensive is 6 - 8 hours long.

The ideal is to attend the full program, but you can also join separately.

Along the journey in one each of them

We awake consciousness of the body & space, right here, right now,

We go through physical training to acquire and/or to keep useful skills
and patterns of movement, getting ready to dive into playful and creative
dynamics, always open and flexible according to participants curiosities
and needs.

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Irene Álvarez Coto

Dancer, Physiotherapist. Since child, she is related to Dance. First it was Classical Dance and along the years she trained in Contemporary, Butoh, Dance Theatre, Contact Improvisation, Flamenco and Yoga traveling in Europe, Cuba and India.

She works with choreographers and artists internationally.

She impulses the practice of CI in Portugal & Spain.

With Pedro Paz they develop 'Oficinas de Corpo Inteiro' (2014) in Lisbon.

She organizes 'Asturias Contact Festival' since its birth in 2015 and she teaches in Contact Improvisation meetings such as Paris Gathering, Cercanías Contact Festival, Apoteósico, Arrabida Gathering.

CI is the perfect tool to explore human behaviors and relationships in a dance form. Also, to understand and enjoy body movement in space, affected by the universal forces.

Main Influences in this field come from dancers as Mirva Makinen, Cristiane Boullosa, Linda Bufali, Asaf Bachrach, Andrew Harwood, Emmanuelle Pepin, Olaf Kehler, Angelica Doni.



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1.

"Around Physical Body & Relationships"

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1. "Around Physical body & Relationships"

From the moment we are born, we fall into a world of gravity and we start a relationship between our body-mass and the Earth-mass.

2 elements are needed to get a relation.

Elements that are structures themselves.

Our physical body is our structure.

In this *body-mass*, everything is connected-related to work in perfect harmony.

Relation between different parts of the body

Relation between my body and myself

Relation between my body and the space

Relation between my body and other bodies

To trust, to lead, to follow, to flow, to go against, to attract, to refuse...

Do I communicate what I want? (my body)

Do I listen to others? (Bodies)

How to build a healthy communication between our bodies, respecting our boundaries, limits and accepting, empathizing in the relationships with others.



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11.

*"Instinct &
Sensitive Body"*

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II. "Instinct & Sensitive Body"

*To get away from the rational world of concepts towards the actual world of perception,
and from here... start to dance.*

The Skins in the body

The sense of Touch. Proprioception.

The pelvis

The great anphytheatre of the body. Source of creation, impulses, power. Animal instinct.

The mind is the witness of what is happening, what is the body sensing.

No need to think what to do. The body knows how to re-act.

Flow like water, here & now, inside & outside.

Observe

What is my body doing? Where is it? What is the shape?

How are the qualities of movement?

Deeply observe the point of touch.

The surrounding.

The potential opportunities that come.

Do I catch them?

The impulses emerging from within.

Do I follow them?

Sensations in Motion. Dance is happening



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III.

"Imagine &

Dare to Play"

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III. "Imagine & Dare to Play"

Take into action the impulses that emerge from within.

Trust. Be confident.

Be open-minded. Accept the game

There's no right or wrong, everything is allowed. Dare to play.

Imagine

Imagination comes from the mind.

Mind is associated to the element Air, that also represents freedom, changes, disattachment, ideas, lightness, abstract, relations.

From 4th chakra area, the heart, the breathing movement rises through the spine, the limbs.

Air inside the body, air around.

Opening wings. Movement in space, clear directions, dynamic

Draw lines, spirals, drafts in Space.

Images to stretch our imagination & nourish our movement with them.

Imagine and make it real.

The Playground is Open.

A photograph of two women practicing contact improvisation on a rocky beach. One woman, wearing a purple top and an orange patterned skirt, is being lifted by the other woman, who is wearing a dark long-sleeved top. They are both looking towards the ocean. The background shows a rocky coastline with small pools of water and a clear blue sky.

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IV.

*"We are One
with the Universe"*

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IV. "The Universe within Us"

7th chakra_corona

Eter

Earth, Water, Air & Fire. 4 elements that are part of everything in this world.

The fifth element: the eter, the element of the spirit.

We take a look at the basic principles that rule movement in the Universe:

What is up is down, what is inside is outside.

Everything is in movement.

Everything has two poles

And there exists an oscillation between them. There, the rhythm appears.

Cause and effect?

or

Synchronicity?

Unity inside. Unity within the Outside