

A CONTACT IMPROVISATION APPROACH

BY IRENE ÁLVAREZ &

JOEL DA SILVA

**PUZZLING
BODIES**

**LABS
OFICINAS
WORKSHOPS**

CONTACT IMPROVISATION (CI)

CI is a **dialogue** between bodies.

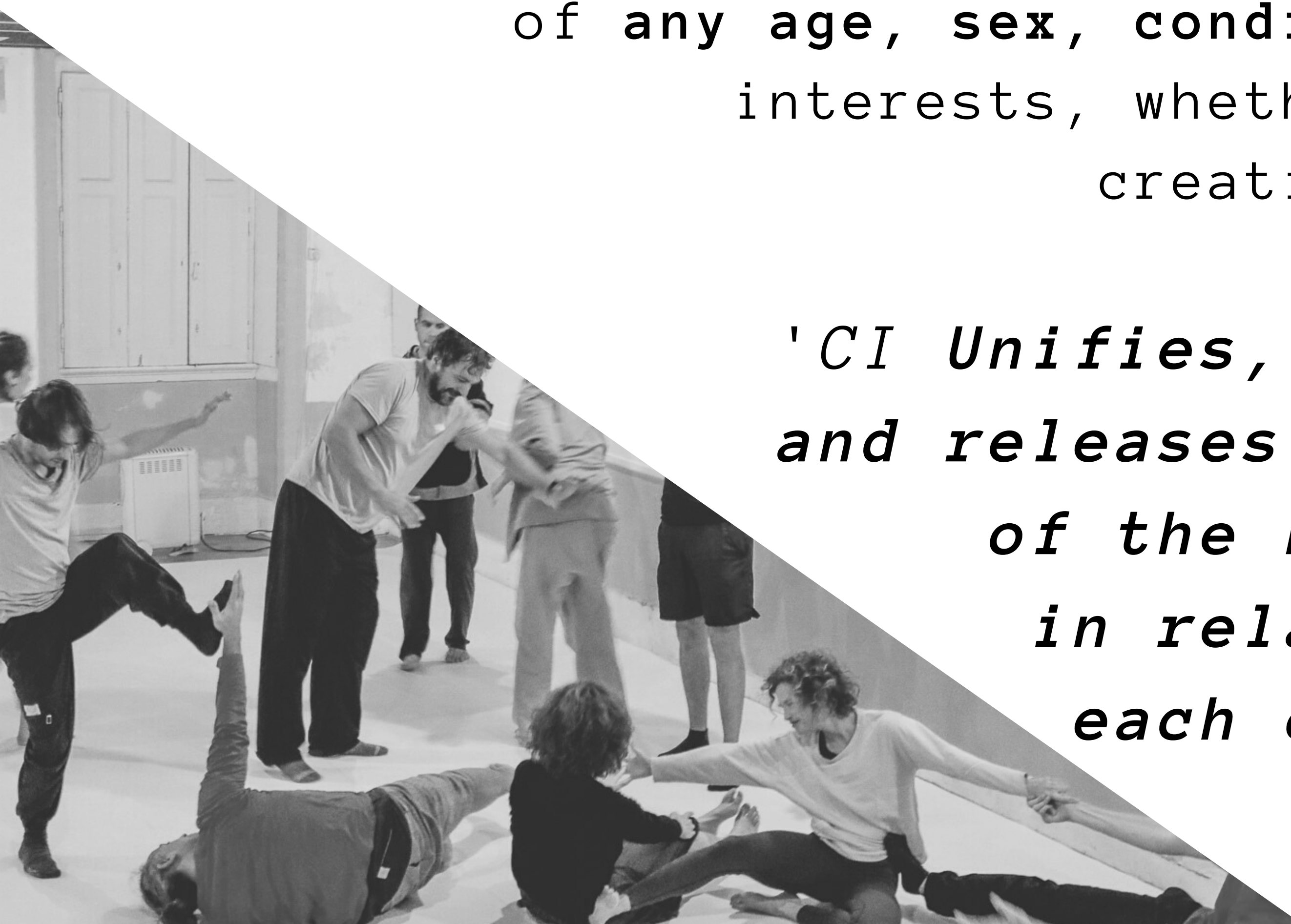
It is a **form of non form** where patterns of movement depend on the **sensibility & physical abilities** of the practitioners, the effect of **gravity**, the **inertia** & the **point of contact** between the bodies.

It was born in the 70s in the United States due to the curiosity of some dancers to explore the possibilities of body movement beyond what their choreographers allowed them to do.

Today, it is practiced all over the world by people of any age, sex, condition, and different interests, whether they are playful, creative, therapeutic ...

'CI Unifies, Breaks Barriers, and releases the expression of the Human Being in relation to each other'

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OUR PROPOSAL

Puzzling bodies brings you a fresh perspective of contact improvisation, **resetting** old patterns of movement and behavior, **expanding** the language of your body and **surprising** you being in new dialogues completely **OUT-OF-THE-BOX**.

*Contact Improvisation,
an exploration that never ends...*

We bring you **dynamics** by solo, duets, trio and group, opening the box of your **imagination** and **awareness** of the movement within your body, within the space, with other bodies. Then, we go further sharing and developing **your own discoveries** with the group opening a last **playground** where the **witness** is present.



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BIO

IRENE ÁLVAREZ

Dancer, Physiotherapist.

Since child, she is related to Dance.

First it was **Classical Dance** and along the years she has trained in **Contemporary, Butoh, Dance Theatre, Contact Improvisation, Flamenco** and **Yoga** traveling in **Europe, Cuba and India.**

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 Gatherings** and recently **Portugal Contact 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, Patrícia Kuypers.**

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BIO

JOEL DA SILVA

Part of my life was dedicated to **martial arts**, through **jujitsu**, **greek wrestling**, **capoeira** and **Tai-Chi**. Some years later i have learned and taught **Thai massage** and **Yumeiko**, which itself contains a lot of movement and flow, but something was missing!!! It was in **2012** that I found what I was looking incessantly, with the first experience in a **festival of contact improvisation** in **Romania**.

I listen, observe, communicate, feel and manifest the universe that flows through me as a whole.

Since then I have been dedicated myself to **research movement** in its total **authenticity** and **presence**, having as a base of study several festivals, jams, classes and workshops all over **Europe** and **Asia**.

Thanks thus to all who shared their wisdom and talent: **Cyrus Khambatta**, **Jeff Wallace**, **Bernd Knappe**, **Alexandra Soshnikova**, **Sergey Golovnea**, **Eniko Szilagyi**, **Ippokratis Veneris**, **Ezra Lebank**, **Steve Batts**, **Nancy Stark**, **Andrew Hardwood**, **Steve Paxton**, and many others others who, even though not renowned in the world of contact improvisation, taught me so much.

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TESTIMONIES

'Joel and Irene are two experienced dancer that bring creativity, technicality, and love into their offerings. I especially enjoyed the performance proposal in one of the workshop I attended.'

Sam

'Irene and Joel have a complementary approach making the workshop both technical and playful. I have learnt new tools/tricks to enlarge my practice of CI, discover new combinations and movements, make the dance more contrasted and richer. And I had a lot of fun, cherry on the cake being the final mini performance we did at the end of the workshop :)'

Julie Musialek

“Puzzling Bodies, to me, is like a paradigm shift in the way we think about Contact Improvisation. After some years the modality of CI can become repetitive and predictable. This workshop will allow you the tools to break free from that and step into a new movement paradigm.

Many of us come to a somatic practice to learn and embody tools we can use outside of the dance. This workshop cultivates an ability to shift paradigms and be curious and playful.”

Michelle Harvey



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GET IN TOUCH

WHAT ARE YOU LOOKING FOR?

We can prepare different formats of proposal:
from 3 hours Workshop up to 3-4 days intensive Lab

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