



WHAT

Since the late 1970's, *Contact Improvisation* and *Body-Mind Centering*® regularly nourish and inform each other in their research and development. In this workshop we will therefore explore *CI* with the support of some tools from *BMC*®. A special focus will be put on the relation of support and movement - both, within ourselves and in relationship with our partners - for safe and enjoyable dances. The workshop is open to everybody.

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WHO

Urs Stauffer is certified *Somatic Movement Educator* by the School for Body-Mind Centering®. He has been deeply involved with Contact Improvisation and movement exploration for over 30 years. His teaching is strongly influenced by *Steve Paxton* (founder of CI), *Bonnie Bainbridge Cohen* (creator of BMC), who have been his teachers at several occasions and with whom he still in close contact.

WHERE

Espai Dansa Natura is a Movement Center in the small village of Burg, in the middle of the Catalan Pyrenees, with plenty of calm, nature and beauty. A ideal place for creation and inspiration. The accommodation is in shared rooms (2-4 persons) in rural houses of Burg. Meals are served in our restaurant, with organic and local food. Participants have time to relax and discover hidden spots with amazing walks.

PRICE

Workshop (15 hours): 95€ before march 10th, 30€ non refundable fee. 110€ after 10th.

Accommodation (3 nights) and meals: 160€

+ INFO AND INSCRIPTIONS

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