# SATURDAY

**Archetypes of the Soul – Christine Tasseff**

A call to stretch our imaginations with a long forgotten innocence and move through a spectrum of feminine and masculine archetypes. Live music/2 hrs

 *(9:30-11:30, Theater)*

**Contact Improvisation Essentials and Principles - Tamin Totzke**

Contact Improvisation for beginners in a fun and safe environment. \* learn to listen to yourself while listening to your partner \* fine tune following the point of contact \* practice easeful weight sharing \* play with rolling; falling and counterbalance organize your body efficiently for ease of connection.

*(2:30-4:00, Theater)*

**Bluesy Basics - Dancing with a Partner - David & Loretta**

This partner-based workshop is about dancing gracefully with a partner no matter what the music is. We'll explore a style that is grounded in simple technique, flexible, concept-based, and completely adaptable to all situations. Think of it as a mixture of blues, ballroom, modern dance, upright contact improv, tango, and more! We’ll focus on fundamentals like leading and following, footwork and rhythm, and learn the basics of turns, moving across the floor, and safe dips and leans. No partner needed - we’ll rotate throughout class.

*(2:30-4:00, Sanctuary)*

**THE BODYVERSITY: Body, Community and The Great Turning - Nala Wall**

Beginning with the knowledge that our body is our primary link to the Earth, we will use embodied practices as learning tools to examine the pivotal work of our time: "The Great Turning" of humanity towards a just and sustainable culture. We will facilitate connection to body, community and earth through a variety of somatic, physical theater and improv modalities, including work inspired by activist Joanna Macy. Through movement, sound and story, we initiate the process of learning ecology and permaculture principles in a wholistic manner that honors the entire mind body system. Anyone can participate in this workshop, regardless of experience or physical ability level--just bring a spirit of curiosity and openness.

*(4:30-6:00, Theater)*

**Find Your Voice - Karina Brossmann**

This is a class designed to unleash your full vocal and creative potential through improvisation exercises and games. You will have the opportunity to stand in front of the community and be seen for the uniqueness you are. You also will get to feel and play with any fears you have around performance, self-expression and vocal transparency.

We will also explore how the voice can take you deeper into your trance dance experience.

*(4:30-6:00, Sanctuary)*

# SUNDAY

**Contemplative Dance Practice - MoMo**

Originated at Naropa University as a "dancers meditation hall" to bridge practices of sitting meditation with dance improvisation. Contemplative Dance Practice is a profoundly simple and practical score that can expand consciousness; warm and tone the physical, emotional, mental and energetic body; and build skills for solo and relational dance improvisation. *(7:00-8:00, Sanctuary)*

**Dance Church - Bernice Raabis**

Conscious dance in community, a chance to practice dance as a spiritual practice.

*(9:30-11:30, Theater)*

**Invisible Dance - David & Loretta**Radically redefine how you think about partner dancing - beyond the technique, past the fancy moves or vocabulary, and even deeper than lead/follow connection. What’s at the heart of it? Relationships! Pop open your awareness about the subtle elements that inform the dance but aren’t usually talked about: body language, how we engage and relate to each other, what stories we tell ourselves, and what assumptions we project into the world. We’ll talk about how systemic structures unique to the social dance scene affect us, and how to address them. Through a mix of open conversation and fun exercises, we’ll explore how we can become more aware and empowered in our dance experience!

*(2:30-4:00, Theater)*

**Floor Play - Katherine Cook**Explore the Floor! Contact Improvisation is a practice of freedom within connection. To truly be free, we must be free to fall to the floor, and find ourselves supported when we get there. In this class, we’ll work low: on, in, and out of the ground in order to prepare ourselves to meet the floor spontaneously. The floor can provide the conditions for a rich and satisfying dance experience, and gravity will be our guide. Our curiosity: softening; releasing into the floor and into gravity; spiraling, crawling, rolling, and other patterns of locomotion; and finding our embodied, playful selves in full attunement with the ground.
*(2:30-4:00, Sanctuary)*

**Sexuality & Dance Community Forum - Tim Hartnet**

This forum is an opportunity for our dance community to have a conscious discussion of how we express our sexuality on the dance floor. Issues of personal freedom, consent, inclusiveness, sensitivity, attractions and boundaries are all likely to be part of the mix. Everyone will get a chance to share their perspectives and experiences in small groups. Then we will open into a skillfully facilitated large group forum. *(4:30-6:00, Theater)*

# MONDAY

**Open Offerings – YOU**An opportunity to share your offerings with the community. See MoMo for details.

*(7:00-8:00)*

**The DeLight of Flying - Cyrus Khambatta**

Skills and States to support flight with relaxation and delight. Intermediate/Advanced level. \*Explore specific techniques for navigating the descent to the floor from any level \*Discover tools for creating lightness and ease with flying \*Increase your specificity with the bodies structure \*Use momentum and off balance support for flight

*(9:30-11:30, Theater)*

**Scoring for Improvisation - Melinda West**
You will learn the RSVP Cycles, a creative process to make a map of your dance. This process works with Resources; Scoring (the map); Valu-Action (evaluation and revision); and Performance, designed by Lawrence & Anna Halprin. Drawing, writing, and dialoguing with body parts provides a simple way to create an improvisational piece. We will draw our dances and dance our drawings as a way to go deeply into the movement material.

*(9:30-11:30, Sanctuary)*

**Co-creative Tango - James Schaberg**Unleash your creativity to the beauty and passion of tango music. Explore partner expression with dynamic improvised footwork as you soar across the floor.

*(2:30-4:00, Theater)*

**Dance The Medicine - Bernice Raabis**We journey via music and minimal direction inward, towards our own truth, then outward into the discovery of community on the dance floor. What we understand about ourselves and others on the dance floor is a metaphor for all that happens in the everyday dance of our lives. Nothing is needed, no experience or steps or fancy dress, just a love of dance and a willingness to let go.
*(2:30-4:00, Sanctuary)*

**Open Offerings – YOU**Another opportunity to share your offerings with the community. See MoMo for details.

*(4:30-6:00)*

# TUESDAY

**Meditative Vinyasa Yoga - Noé Khalfa**

The perfect way to get into your body gradually and keep strong and stretched your dancing muscles. I encourage my students to develop a keen body awareness, noticing how their sensations are linked to their body and their mood. No matter where they are in life they'll be better equipped to notice their feelings on a physical level. The result is feeling a sense of relaxed control in your body as well as developing the skill of authentic communication from a whole body-centered level.
*(7:00-8:00, Sanctuary)*

**Aligning With Kindness in the Face of the Unfamiliar - Noam Paco Gaster**

Dancing deeply, we can allow ourselves to untangle from the belief that we understand what the heck is actually going on. From that place of gingerly exposed not-knowing, we invite ourselves toward a genuinely wholesome appreciation of What Is.

This class aims to assist anyone learning how to satisfyingly connect with others while having their personal boundaries understood and honored. It’s appropriate for those who are curious about “contact improvisation” but unsure how to begin. It is also perfect for anyone who would like to delve deeper into personal development and interpersonal connection as propulsive foci for our ongoing dance through life.

*(9:30-11:30, Theater)*

**Butoh: embodying essence in nature - MoMo** This Butoh & Nature Based Embodied Soul Work is a 2hr class outlining key practices & principles drawn from 30 yrs experience with soul & nature focused dance/ritual. This includes lineages of masters Kazuo & Yoshito Ohno (Japanese Butoh Dance), Anna Halprin (Scoreography & WilderDance) & Christa Ray (Shamanic Voice). Weather permitting this class will convene in part outdoors and draw our inspiration from elements of nature within & without; offering potent tools for sensual, imagistic & emotional capacity building while honoring & integrating the wildly indigenous aspects of being into our daily life, creative process, healing work and environmental activism.
*(9:30-11:30, Sanctuary)*

**Flying Turtle Dance - Scot Robinson**

Bringing people together in exploration of their somatic truth and power *(2:30-4:00, Theater)*

**Synergy - James Schaberg**Fusion dance brings together many movement modalities into one space where dancers unite and create together. Mobi Fusion is focused on the expansion of creative energy that blooms when two dancers move as one.

*(2:30-4:00, Sanctuary)*

**Practicing Consent on the Ecstatic Dance Floor - Carey French**Non-verbal cues are our primary way of communicating during ecstatic dance. How can we best tune in to our bodies and others' bodies in order to understand boundaries and invite authentic connection? How can we appropriately use our words when needed? Let's practice our consent skills together to make the dance floor safer and juicier for everyone!

*(4:30-6:00, Theater)*

**Contact Improvisation. - Michal Lahav**Skills and scores to navigate into deep, thrilling dancing.

*(4:30-6:00, Sanctuary)*

# WEDNESDAY

**Open Offerings – YOU**An opportunity to share your offerings with the community. See MoMo for details.

*(7:00-8:00)* ***and*** *(9:30-11:30)*

**Contact improv for families! - Michal Lahav**
Kids and adults play, improvise and create together. Get ready to have fun!
*(9:30-11:30, Sanctuary)*

**Fusion & The Playful Art of Conversational Dance - Ari Levitt**In this class you will learn the simple rules for creating playful conversations through your body on the dance floor, including how to listen as well as how to give your partner a voice.
*(2:30-4:00, Theater)*

**Intro to Contact Improvisation Fundamentals - Jessica Tartaro**

*(2:30-4:00, Sanctuary)*

**Becoming Animal - Christian Swenson**Who or what are we when we’re not ourselves? How can we imitate the Other with accuracy and deep regard for the spirit of each different being? In this class we will practice the ancient art of animal imitation as movement artists, scientists and shamans. We will carefully morph our hands, spines, faces, eyes and voices, enact predator/prey relationships, create creature-characters and observe their behavior and interactions. Learn how to disappear yourself without costume or make-up, and notice how and why this is humorous, beautiful and scary.
*(4:30-6:00, Theater)*

**Soul Motion: Following What's Here - Michael Zipkin**Supported by clear induction and music of many colors, we'll investigate our inner and outer landscapes with care and ease. Inquiries will help us discover what's here, and give it space to move *(4:30-6:00, Theater)*

# THURSDAY

**The Five As of Mindful Loving – Anto**The 5 As of mindful loving is a morning journey to awake presence and love in our bodies, hearts and minds. This class is a blend of viniyoga, qi gong, kundalini yoga, pranayama and meditation. Every morning we will focus the movement practice on one of the five As of mindful loving from the book of David Richo: Attention, Appreciation, Affection, Allowing and Acceptance. The underlying A for the classes is Awareness. This is meant to be a morning offering before breakfast in the early morning to start the day with a positive attitude and in a state of bliss, unlocking physical or emotional locks that stops us to express fully who we are. This will be the perfect balancing class before diving into the physically demanding daily dance classes.

*(7:00-8:00, Sanctuary)*

**Planetary Dance for Peace - Melinda West Harrison**

An Anna Halprin designed score/activity for groups of any size & people of any ability, where we use running, walking, standing & siting movements to express our commitment to creating peace in our lives and in the world. Thursday Aug 25th is preferred at the same time as last year. 2 hr. event includes teaching the score (activity) to all.
*(****9:00*** *-11:30, Outdoors)*

**Dance of Intimacy - Jessica Tartaro**Contact Improvisation (CI) is like a mirror. If we ask of it, it will reveal everything we need to know about our relationship to connection, intimacy and love itself! Join Dr. Jessica Tartaro in this playful intro workshop to explore CI both as a reflection of how we show up with others as well as a resource for changing our relational patterns to have the connection we most desire.

*(2:30-4:00, Theater)*

**Dance into Being - Saffire Bouchelion**Dance into Being is Sacred play designed to help us regain a deep expression of our Authentic Joy and Creativity. Journeying the path from Movement through Sound through Rhythm and into Expression, this work takes us on a journey into a fuller emergence of the self and into the heartbeat of community. Utilizing aspects of Powerful and playful movement experience, vocal work, Ecstatic Dance, and working with shakers and and other percussion furthers our Embodying Rhythm as we play and create an even deeper sense of this pulse. Seeing and being seen, transmitting and receiving, dancing and being danced guides and informs the discovery of your own Authentic Expression.
*(2:30-4:00, Sanctuary)*

**Open Offerings – YOU**An opportunity to share your offerings with the community. See MoMo for details.

*(4:30-6:00)*

# FRIDAY

**Open Offerings – YOU**An opportunity to share your offerings with the community. See MoMo for details.

*(7:00-8:00)*

**Gender Based Sharing Circles**

*(9:30-11:30)*

**Navigating the Forces - Karen Nelson**
Contact Improvisation is a moving, “meditation in action” form of dance. Movers focus on direct experience of the physical forces we relate to as humans on earth: gravity, momentum, kinesthesia, the stuff of physics. Class is open to all levels; dancing with mixed levels will be encouraged.

*(2:30-4:00, Theater)*

**Dancing Kaleidoscopes - Lo Nathamundi**

In this workshop, we will be exploring the geometries of Kaleidoscope Yoga poses as structures for dance. We will be dancing into and out of group yoga sculptures. We will play games, improvise, and choreograph with group yoga forms. This workshop is a mixed-level offering with something for everyone. Beginners will be guided through fun and accessible introductory poses and more advanced students will have the chance to make difficult and elaborate combinations and shapes.
*(2:30-4:00, Sanctuary)*

**Connecting with Grace & Awareness - Sarah & Jesse**

A class for any dancer. Negotiation of solo and partnered dancing on the ecstatic dance floor can be clunky, confusing, or even scary, leaving many disempowered or frustrated. This class focuses on using technique and skills from the blues/fusion partner dance world to bring skill, grace, safety, and FUN to your solo and partnered experiences on the ecstatic dance floor.
*(4:30-6:00, Theater)*

**Butoh: embodying essence in nature - MoMo** This Butoh & Nature Based Embodied Soul Work is a 2hr class outlining key practices & principles drawn from 30 yrs experience with soul & nature focused dance/ritual. This includes lineages of masters Kazuo & Yoshito Ohno (Japanese Butoh Dance), Anna Halprin (Scoreography & WilderDance) & Christa Ray (Shamanic Voice). Weather permitting this class will convene in part outdoors and draw our inspiration from elements of nature within & without; offering potent tools for sensual, imagistic & emotional capacity building while honoring & integrating the wildly indigenous aspects of being into our daily life, creative process, healing work and environmental activism.
*(4:30-6:00, Sanctuary)*

# SATURDAY

**Qi Gong - Lo Nathamund**

*(7:00-8:00, Sanctuary)*

**Medicine Dance - Susan Marjanovic**The Medicine Dance is an offering that weaves together dance, music & ceremony to offer a container that facilitates the healing, discovery, retrieval and integration of all levels of Self, including the physical, mental, emotional and spiritual. Through working with the elements, we will explore the body’s innate capacity to heal and transform trauma, and the alchemical process of emotions that allows us to experience the fullness of life that is our birthright.

*(9:30-11:30, Theater)*

**Unimaginable Nature - Karen Nelson**Approaching Contact Improvisation as our own invention we will explore the forces that affect our living body as we practice diving into subtle and obvious sensation experiences of reflexes, balance, gravity and momentum. In addition, occasionally working outdoors directly in nature, we will engage the sensing and perceiving dance of Tuning Scores as a frame for our moving, stilling, imagining, seeing and communicating within an ensemble

*(9:30-11:30, Sanctuary)*

**QOYA - Mia E. Pem**QOYA is a class for women to gather and explore movement with meaning. Qoya is based on the idea that through movement we remember. We remember our essence is wise, wild and free. Wise, wild and free also draw reference to the movement forms that we practice in Qoya. Wise- the wisdom of yoga. Wild- the creative expression in dance. Free- expanding our capacity to enjoy being in our body through sensual movement. Qoya classes and movements combine the traditional benefits of fitness — strength, flexibility, balance, endurance, and agility training — with a unique empowering approach that is feminine, expressive, and, most importantly, fun. www.loveqoya.com This class, for women only.

*(2:30-4:00, Theater)*

**Connections between CI and Acroyoga - Anthea Browne**Explore the connections between CI and Acroyoga; sharing weight, practicing trust and surrender, and creating in the moment. After dipping into some fundamentals of each practice, we will open up the playing field to bust out of the traditional base and flyer form of Acroyoga, bring new movement possibilities to Contact Improv, and discover new ways to support and to fly! No experience in either form is required. Bring along your yoga mat, a little bravery, and plenty of curiosity.

*(2:30-4:00, Sanctuary)*

**Embodying Rhythm - Saffire Bouchelion**In this class you will learn rhythms from different parts of the world, how to Embody those rhythms, and to recreate them with your voice, your hands, and your feet. This course is appropriate for all levels of rhythmic awareness, especially those who feel that they "don't have any rhythm". Rhythm is a language; learn to let it speak through you!

*(4:30-6:00, Theater)*

**Partner Dance - Robyn Bjornson**

*(4:30-6:00, Sanctuary)*