

WHAT:**The GLOBAL UNDERSCORE**

a global simultaneous practice!

Sites: Bologna, Lisbon, Boulder, Asheville

WHERE:

JCC Asheville, 236 Charlotte St,
enter from Lenox St to Lenox Ct

WHEN:

Sunday, June 21

Talk-through: 10-11am

Underscore: 11:15am-2pm

Post-Underscore Lunch: 2-3pm

WHO:

To participate in an Underscore you must have previous experience of Contact Improvisation and have attended or plan to attend the Underscore Talk-through and warm-up which takes about an hour.

COST:

\$15 (now that is a bargain!) + \$10 if staying for lunch = \$25 (beautiful!) - pay at the door

Facilitator: Idelle Packer with support by Asheville Contact Jam

Ashevillejam.com

Asheville's 1st annual

GLOBAL UNDERSCORE

Sponsored by Asheville Contact Jam



and you are invited!

The "Underscore", conceived by contact dancer Nancy Stark Smith, embraces a set of intentions/invitations in order to prepare for and integrate contact improvisation** elements in a larger context of movement improvisation. The practice — from 2 to 4 hours in length — progresses through a broad range of dynamic states, including long periods of very small, private, and quiet internal activity and other times of higher energy and interactive dancing — moving the participants from solo releasing, deepening solo warm-up into moving through space, evolving into contact duets and group improvisation and back to rest and relaxation.

Contact Improvisation is an evolving system of movement initiated in 1972 by American choreographer Steve Paxton. The improvised dance form is based on the communication between two moving bodies that are in physical contact and their combined relationship to the physical laws that govern their motion — gravity, momentum, inertia.

What to bring:

rigor, intelligence, curiosity, spontaneity, delight, innovation, humor, artistry, humility, flexibility, strength, focus, compassion, love and your body-mind-spirit.

What we do:

Improvise, embrace, wrestle, be still, be athletic, roll, sluff, slide, surf, fall, disorient, orient, touch, share weight, follow momentum, release, look within, go up - down - around - through, suspend, support, act, react, notice, breathe, abandon habit, trust, discover, communicate honestly -directly - instantaneously - and create together.