

# SYNERGETIC EFFECTS

med Ralf Jaroschinski

I samarbete med Dansalliansen, Cullbergbaletten och Danscentrum Väst



## **Kursbeskrivning**

“The movements in contact improvisation are continuously being inspired by the direct physical contact between two or more bodies. In order to achieve utmost susceptibility to the synergetic effects of this way of dancing, we’ll sharpen our communication skills and train our openness for collaboration in this workshop. The resulting improvisations will embrace detail, sensuousness and flow, and at times they’ll become acrobatic and dynamic and have lots of momentum.

The physical and instinctive aspects of our existence will hereby trigger our ability to be spontaneously, viscerally creative. Our thoughts won’t stand a chance to censor our dance, it’ll be immediate and fresh. We’ll be fully aware of our actions and reactions, and yet they won’t be predictable and formulaic, but rather original and pleasantly surprising.

Since we’ll actively be sensing our own body at all times, we’ll also remain centred during the entire process. And at last, our reactions’ timing will become more and more prompt, our movements will gain full legibility and transparency and furthermore complete spatial presence and expressivity.”

*Ralf Jaroschinski*

## **Om kursledaren**



Ralf Jaroschinski is graduated as a classical and modern dancer from the University of Music, Theater and Media in Hannover, Germany. He studied several contemporary dance and composition techniques in New York, USA, on a stipend from the German Academic Exchange Service. He discovered contact improvisation for himself in 1994.

From 1998 until 2002, Ralf directed the dance company of the City Theater of Hildesheim, Germany, and included contact improvisation as part of the dancers' training and the creation of his works. He also got commissioned to create choreographies for several European and American national ballet companies and dance universities – so far, he has created some 100 dance pieces.

Facilitating contact improvisation classes and workshops more regularly since 2004, Ralf has trained the dancers of companies such as the Brazilian Curitiba Guaíra Ballet, the Australian “Canberra Dance Theatre”, “Frontier Danceland” in Singapore, the German “Tanztheater Bielefeld” and “Tanztheater Braunschweig”, and the Swedish "GöteborgsOperans Danskompani" and "Cullbergbaletten" in Stockholm in contact improvisation.

[www.ralfjaroschinski.de](http://www.ralfjaroschinski.de)

<b>Period</b>	12 och 13 november 2016
<b>Tid</b>	10.00-17.00
<b>Målgrupp</b>	Professionella dansare och koreografer
<b>Förkunskaper</b>	Att du motsvarar Kulturakademins Trappans antagningskriterier Läs mer <a href="#">här</a>
<b>Språk</b>	Engelska
<b>Max antal</b>	15
<b>Plats</b>	Danscentrum Väst, Ärlegården, Ärlegatan 3
<b>Sista anmälningdag</b>	21 oktober

Anmälan görs under "Anmälan" på [www.kulturakademintrappan.se](http://www.kulturakademintrappan.se)

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