

Finding scores

- How are ideas manifested physically?
- How to work with authenticity, resonance, power, and simplicity?
- Explore the physically expressive world of words, voice, movement, visuals.
- Immerse ourselves in process.
- Culminates with an informal performance that will come from the nine days's work: not in service of performance, rather a commitment to process and practice.

Skura's improvisation sessions are a distillation of her choreographic methods, refined into a body of techniques. Her workshop aims to guide and support artists in an exploration of their own particular creative practice, and will draw on principles of Skinner Releasing Technique™, improvisation, and improvisation-in-performance. Our improvisation sessions during the week will prepare for the weekend sessions of performed improvisation. Weekend sessions will include making *scores* for improvisations. *Scores* are a way to find deeply sourced, specific support for structured improvisations - support which allows:

- freedom, rigor & courage
- action & surrender
- Intention & availability
- abandonment & control

Skinner Releasing Technique™(SRT)

SRT™ is the pioneering approach to dancing that has evolved from the simple principle that when we are releasing tension and habitual holding patterns we can move more freely, powerfully and articulately. A considerable influence on leading choreographers and improvisational dance-makers across the world, SRT can enhance any movement style whilst fostering artistic sensibility and creative unfoldment. In Releasing, spontaneous movement evoked by guided poetic imagery and music and sound enables a creative exploration of technical principles such as multi-direction alignment, suppleness, suspension, economy and autonomy. In the practice of Releasing, engaging the imagination and involving the whole self integrates technical growth and creative process. Uniquely, experienced dancers study alongside beginners, each working at their own rate. Skinner Releasing is a dance class for professionals, newcomers and beginners alike: all those interested in exploring their creativity through moving.

Stephanie Skura

a 'major American experimentalist' - leads this nine-day improvisation and performance workshop exploring creative process and her innovative approach to making performance: accessing the subconscious, integrating movement with other forms, and a focus on the power and totality of performers. The workshop will draw on the principles of Skinner Releasing Technique™, improvisation and improvisation in performance. A perpetual and radical innovator, Stephanie Skura received one of the inaugural New York "Bessie" Awards for Choreographic Achievement, and creates with an abiding interest in interdisciplinary process, individual diversity and a recent focus on spoken word. She has taught throughout the USA and Europe.

Joe Moran

is a London-based dance artist and Artistic Director of Dance Art Foundation. He creates dance and video works that are presented in theatres, galleries and public spaces. Most recently, All Clear! at Chelsea & Westminster Hospital and In Land at Toynbee Studios. As a dancer, Joe has worked with a number of distinguished choreographers including Gaby Agis (company member 2001-2005), Kate Brown, Siobhan Davies (Bank project), Christopher House (Toronto Dance Theatre) and Stephanie Skura (improvisation project). Joe trained in dance and choreography independently at studios in London, New York, San Francisco and Seattle following his undergraduate training in theatre at Bristol University. Joe is a certified teacher of Skinner Releasing Technique™, a visiting lecturer in dance and performance at universities in the UK, and teaches dance independently at studios in London and internationally. His new works Cecilia Walking and Decommission will be presented in June 2009 at the Summer Dancing Festival in Coventry.

Manuela Bondavalli

Choreographer, performer and teacher. She lived and trained in London from 1994 to 1997. Apart from gaining a Master in Dance Studies at Laban Centre, Manuela had the opportunity to develop her choreographic studies under the direction of some of the most distinguished dance theorists and representatives of the London stage (Sarah Rubidge, Valerie Perston-Dunlop, Yolanda Snaith, Nigel Charnock e Wendy Yuston (DV8), Russel Maliphant, Sue Mc lannon, Siodhan Davies). Manuela received the "Sylvia Bodmer" Award for her pioneering contribution. She founded her company in 1995 and has participated in numerous festivals both in Italy and abroad (including: London, Barcelona, Zurich, Ravenna, Trieste, Florence and Bologna). Manuela Bondavalli is the Artistic Director of Container12 Cultural Association, not only responsible for the 'day to day' management but also organizing workshops, performances and displays aiming at the diffusion of contemporary dance. In the last few years she taught technique, improvisation, contact improvisation and Skinner Releasing Technique™ in different schools and festivals including Tanzhof Akademihe in Zurich and Zip Festival in Orvieto. Manuela Bondavalli is a certified teacher of Skinner Releasing Technique™.