

# SETTLING INTO THE CONSTANT ACT OF CHANGE



**A Contact Improvisation  
Workshop  
with  
Eckhard Mueller  
(Germany/France)  
&  
Daniela Schwartz  
(Argentina/France)**



**Oct. 24 & 25, 2009 in Chicago**

In engaging us at a body/mind level, this Contact Improvisation workshop invites us to embrace the unexpected with comfort and acceptance in order to inhabit our body in the present moment, allowing the movement flow to emerge from the dance as we let it take us into the three-dimensionality of space. We will develop the relationship to the ground revealing the strength and possibilities of our structure as we increase a feeling of lightness and freedom and train our ability to modulate the tone of our body as a response to the momentary needs of the dance.

This workshop is for experienced beginner through advanced level contact improvisers.

**Fluency in the basic skills of Contact Improvisation required.**

## **Schedule**

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| Saturday, Oct. 24 - Lou Conte Dance Studio<br>1147 W. Jackson Blvd, Chicago, IL<br>9:30-10:00 am Registration<br>10:00 am-5:30 pm Class (with a 90-minute break) | Sunday Oct. 25 - Columbia College Dance Center<br>1306 S. Michigan Ave, Chicago, IL<br>10:00 am-5:30 pm Class (with a 90-minute break) |
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**Note: All participants must attend both days**

**Workshop tuition is \$150. If you can't afford this, call Daniel at (847) 971-2465 prior to registering.**

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## **Registration Form**

Please complete the following, and send with a non-refundable deposit of \$50 to Fluid Measure Performance Company, P.O. Box 72, Tinley Park, IL 60477 (Make checks out to "Fluid Measure Performance Company")

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Numbers \_\_\_\_\_

E-mail address: \_\_\_\_\_

Housing needed (floor space, \$10/night, limited by availability): Friday Saturday

*This workshop is a co-production of  
The Dance Center of Columbia College & Fluid Measure Performance Company*  
Questions? Please contact Daniel Halkin (847) 971-2465 / dhalkin@earthlink.net