



Lab: Strange Bodywork (for CI Classes)

Collection of ideas about „strange/unusual“ bodywork:

- strange places in the room
- unusual places on the body/bodyparts
- joints, twists, soft manipulation, using hair
- singing, humming, breathing, whispering compliments,
- one Person getting something from the whole group
- using tissue, clothes
- using oil
- unusual actions
- unusual forces (body clapping in gaga technique)
- without touch
- using imagination
- describing just in words what I do/would do (no touch)
- with undoing

Afterwards we had a discussion „what is bodywork“ -Massage or physical exercise...

My idea was to find physical exercises/ Bodywork which can be used for teaching contactimpro. Which kind of bodywork/physical exercise prepares for lifts, for being grounded (support), for creativity, for body awareness, for connecting with my dance partner, for a technical teachings like rolling contact point, leaning, lifts (become light) etc.

Finally we did a bodywork parcours with 4 corners:

- 1.unusual bodyparts
- 2. singing, humming, breathing
- 3. using probs/objects
- 4.without touch

some examples/ my personal highlights:

-without touch:

brushing hands can move up (lightness) or move down (grounding)

using eyes-lookng into the eyes of my partner

my partner (Bastian) was touching/massaging himself in front of me

just placing hands above bodyparts

humming, singing, breathing:

Bastian was copying my breathing near my head

humming on the forehead-bone

talking through like a dream journeyes (you become light like wind, air straming through your nose and mouth into your lungs to each bloodcell,...what kind of wind are you now?,...)

strange bodyparts:

starting like a strange massage, then I can change my position, then I can start moving, then we dance a contact duett.

Eye ligs- soft touches

-moving the skin of my face

head into the belly-valley

under the fingernails/toenails