



Liors poem

Contact Improvisation for me is ...

a place of meeting, listening to myself and the other, play,
a place to mistake, to shine, to be beautiful and ugly -
sometimes at the same time!

To be different, a place to forget and remember and re-remember.

To learn. To learn about myself, about the world around,
about my life, about a way to live my life.

A place to meet, to dance – to find the dance inside me,
find movement, let go what is not needed,
adopt new possibilities, learn.

Enjoy.

Laugh.

Fly.

Fall.

Be soft from outside and inside. Be myself.

Play.

Lior Ophir, ECITE 2012, Bern, Switzerland