

« Around, in and out of CI »

The space of the body, the body of space
in relation with the Contact Improvisation and the manual therapy

What I have been thrilled with Contact Improvisation is our matter, with all the matters, the basis of improvisation.

After the first years of discovery, with the Contact workshop in Paris (1978-1988) we have been doing a lot of research on the subjects : how to get amazed, thwart habits, be in a creative state ...? And what about going into space?

Deepening my Knowledge of how the human body works is one of the key elements that I have been developing since.

For this course, I select two essential events among my very first experiences in Contact Improvisation :

- The discovery in ones of Steve's courses of the ability to invert the roles hands-feet to prepare for standing upright on ones hands. We were warming up our hands and we were going deep down in our feet to live them as if they were hands, and vice versa. I loved that tremendous capacity of suggestion and its amazing efficiency in action.
- The explorations "hand-look" proposed by Lisa have been a great lead to make space concrete. And that interrogative proposition : "When you look, are you improvising?"

I am thinking of two work sessions.

1. The hands and the body

To study brain-sacred osteopathy after ten years of CI, I have used my experience in dancing. Understanding the movements of the bones of the brain is quite complex.

I have notably imagined holding a huge frontal in my hands and simultaneously feeling my movements in my body. I have had to dance to reach my goal. The connection between my hands dancing into space and my frontal has weaved and I have "entered" into a fairy tale like Alice in Wonderland.

Another day, it was a different dance, whether it was in silence or with music, alone or in contact with somebody, whether the other dancer knew it or not. I have been training since in all sorts of concentration of this type; and they are a great source of invention.

It is in that spirit that I suggest a manual exploration from the texture and the density of our most concrete matter (bones, muscles, organs, fascias, brain-sacred connection) to the most subtle (flux, energy networks, look ...) as a path towards dance.

With one's hands, listening and acting on matter, collecting information, going towards tensions or on the contrary, negotiating, stimulating, questioning. Encouraging the body to get hold of its qualities.

2. The hands and the look

The hands, subtle and powerful tools are precious mediators. Their friendship appears in many occasions in all cultures. We say "being touched by the look of the other person".

I would like us to explore together a beautiful transition between touch and look : our hands softening the transition between our inner look and the vision of the outer world, and then helping the look to venture into space.

Background

I have been dancing since the age of 7 and the styles I have learned have remained vividly rooted in myself. Before being able to dance as a professional, I have studied physiotherapy (1976)

The meeting with the Contact Improvisation (1978) has been essential: there were no leader but only people keen on the exploration of the physical matter and of its reactive capacities and who were willing to share this adventure.

I have been utterly seduced by the endlessly renewed invention of shapes, interacting situations provided we are looking for a state of research.

Later, a physiotherapist and acupuncturist friend who had come to my courses, inspired from the CI, found a striking correspondence with the brain-sacred osteopathy that he was discovering. This remark launched me in a three year (1985-1988) training course in osteopathy, acupuncture and homeopathy.

With the passing years, curing dancers, I have developed my own method of manual care as well as my own approach of dance, both being fed at the same time by all the body movement experiences that I could have explored. That is to say different styles of dance (classical dance, jazz dance, tap dancing, modern dance, post-modern dance, Contact Improvisation ...), energy bodywork practices (yoga, taïchi, qi kong) and “bodywork” techniques (BMC, fasciatherapy, Feldenkrais, Alexander ..)

Proposition of individual dance sessions (50 €)

In these dancing sessions, I have a particular responsibility in harmonizing the body of the other person.

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Dancing alone, dancing in contact, dancing at parties, performing, dancing in my kitchen ... this is nothing but the various shapes of a similar state : pure jubilation.