

6 days workshop **IMPROVISATION and CREATIVITY in DANCE**

Rooting, supports and freedom

22 - 27 August 2020

for performers and dancers
and for everyone interested by movement and creativity

led by emmanuel GRIVET

Information : cie emmanuel Grivet

If you never attended a workshop from us, a phone call or an email exchange with emmanuel (+33 686 415 429 or <emmgrivet@free.fr>) is needed before your registration.

Place : **Studio 3, 5 impasse Baylac, 31 170 Tournefeuille (suburb of Toulouse), France,**

Fare : **290 € / 220 € (unemployed and students)**

Schedule : **10h – 13h and 14h – 17h, Thursday 27 9h – 14h**

Registration : **send name, firstname and datas (email and phone number) + 70 € deposit to cie E. Grivet – 5 impasse Max Baylac – 31170 Tournefeuille**

Deposit : *If you cancel before August 3rd, 50 % of the deposit will be paid back. If cancellation is later, the company keep the whole deposit.*

About accommodation informations, please contact us.

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The precise content of the workshop will be defined in relation to the group and the people present.

It will be a question of exploring the expressive resources of each one, by the mean of bodies alignment and rooting, by the use of different supports for movement and improvisation, by the richness of imaginations of everyone. Being a path for awaking the emotions, for the exploration of self-consciousness and environment awareness, as well as a way for welcoming unusual journeys and unknown situations, this workshop aims to lead us to **let occur the creative event**, and to allow everyone to be carried away by the dance, by his own inner desires as well as to share them with the others and the group.

In this perspective we will try to deepen and share :

- **a fine and multiple listening of oneself** (sensations, emotions and perceptions),
- **a sensitive attention to the other** (his movement, his universe, his energy)
- **the ease in movement**, around notions of relaxation and dynamic abandonment
- the power of **a free and fluid breathing**.

Photo : Emmanuelle Latour



This promotes the **reading of dance situations** and allows to widen **the possibilities** that they offer (to be able to join, to support, to invite, to accompany ... to be in counterpoint, in dialogue, in opposition ...). The tools of improvisation explored make it possible **to create and compose** together in the moment.

*More than the doing, let "the sensing" guide the exploration,
more than the will, let the flow of emotions, the sensitivity and the intuition lead the journey,
more than to fulfill space and time, play with emptiness ;*

to be simultaneously **author and spectator of the event**,

and enjoy the pleasure of **the intimate and shared movement**.

emmanuel Grivet

Choreographer, dancer and teacher.



Photo Sylvie Commagnac

He first was student of Jean Masse, Jackie Taffanel, and the Trisha Brown company. Head of his company since 1993, he created as a choreographer more than thirty pieces for his group and others.

Since 1998, he is developing a research about improvisation, dance-contact, open choreography and instantaneous dance compositions, which drove him to meet and dance with some figures of the stream (Mark Tompkins, Julyen Hamilton...) and to build its own original tools for creation of dance pieces and formation for dancers.

He is collaborating today with various artists – performers, dancers, musicians, visual artists – into many projects – creations, performances, workshops – within the field of improvisation and open composition, in his country and abroad (Europe, Mexico, Kenya, South Korea...). In the same time, he is running on an original choreographic route, dealing with the issues of body and movement on stage, and questioning the conditions of performance and audience relationship.

He has been part of the contact-improvisation movement during ten years (jams, workshops, festivals in France and abroad).