

Essence of Trace in Contact Impro

Workshop given by
Mirva MÄKINEN*



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Contact improvisation is based on the communication between two (or more) moving bodies that are in physical contact and their combined relationship to the physical laws that govern their movement; gravity, momentum, inertia. The body, in order to feel these sensations, learns to release excess muscular tension and abandon a certain quality of willfulness to experience the natural flow of movement. Contact improvisation often includes rolling, falling, being upside down, following a physical point of contact, supporting and giving weight to a partner. I often like to aim

towards movable support and gentle flying technique. This workshop is about learning movement without copying shape or form, but rather to know kinesthetically how to be connected and grounded in dance. Essence of trace in CI could be named also as an embodied anatomy of CI. What do you know already and how can you re-learn in order to improvise?



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***Mirva Mäkinen** (Finland): I graduated as a Doctor of Dance from University of Arts in Helsinki in 2018. My doctoral research is about Somaesthetics of Contact Improvisation. Artistic research is focusing on values in contact improvisation and how it is presented in a somaesthetic performance context. I graduated (MA) from the Dance Department from the University of Arts, Finland in 2000, before that I did masters of Physical Education from University of Jyväskylä.

In dance I am interested in the feeling of flow and research of kinetic energy. I love to investigate movement, its rhythm and different ways of inhabiting the body. A feeling of dancing is created by management of gravitational forces, falling responses and inertia.

My Choreographies, Dance Pedagogy and Art Pedagogy refers to artistic activity infused by pedagogical viewpoints, generating a field of continuous learning. My choreographies provide a strong foundation for creative and critical thinking, as well as development of solid artistic-

pedagogical skills. I believe that making art is based on listening to and encountering each other. It is an open process of interaction and learning, where we step into the unknown, take risks and try out new ways of doing.

From 2000 onwards I have worked as a dance teacher, choreographer and lecturer for dance at the Kallio Upper Secondary School of Performing Arts. During the last 25 years I have been teaching in several international dance schools and professional dance companies including for example Cullberg Ballet in Sweden. I am regularly teaching bachelor and MA students in University of the Arts, Helsinki.

I have been working as an choreographer and as a dancer with many different dance companies and choreographers, here few of them: Helsinki Dance Company, Tampereen Työväen Teatteri, Center for new dance Zodiak, Dance theatre Minimi, Dance company Karttunen Kollektiv (choreographer Jyrki Karttunen), New Circus Company Circo Aereo, choreographer Joonas Halonen, Echo Echo dance company (Northern Ireland), collaboration with Frey Faust and collaboration with Joerg Hassmann. During 2014-

2024 I have been working as a dancer with Finnish choreographer Valtteri Raekallio. I have been performing and teaching contemporary dance internationally in more than 40 different countries.

Useful information :

Information and inscriptions by email at info@contactimprogeneve.ch or by phone +41 79 478 95 84 (Wassim)

Schedule :

- Friday 15th of November (studio Lapzeson 2nd floor): from 7:30pm to 9:30pm
- Saturday 16th of November (studio Lapzeson 2nd floor): from 10am to 6pm (with an hour lunch break)
- Sunday 17th of November (studio Lapzeson 2nd floor): from 1pm to 5:30pm

Place :

Le Grütli : Rue du Général-Dufour 16, 1204 Genève

<https://goo.gl/maps/4i1QZAnDAs5q1KXeA>

Price:

- *early bird* until the 27th of October : CHF 150.-
Full amount to be paid before the 27th of October to confirm your inscription
- **Standard price** : CHF 180.-
Deposit payment of CHF 50.- to confirm your inscription

Account details / Twint:

Thank you for specifying « Mirva Mäkinen Workshop » in the object of the payment

Recipient of the account:

**Ass. de Danse Contact Improvisation Genève
c/o Wassim Fattouh
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