



## Navigating opposites Contact Improvisation & Feldenkrais

In this workshop, we explore polarity in movement through the Feldenkrais Method and Contact Improvisation. With the Feldenkrais Method, we turn the attention inward to notice sensations without judgment. Honouring the body's intelligence, we explore habits and discover new, efficient, and freer

movement options. This mindful tuning reshapes how we move, perceive, and relate -- to ourselves, to others, and to the world around us.

This embodied awareness evolves as we engage with touch and shared weight, revealing how movement is shaped by opposites such as stability and mobility, tone and softness, motion and stillness, control and surrender. By working with these dualities, we become aware of how opposites create balance.

The Contact Improvisation vocabulary— spiralling up and down, falling, catching, and lifting—will be nourished by specific technical material, explored through the lens of oppositional movement and the play of gravity and momentum. We move between wild, instinctive energy and quiet, subtle physical dialogue, navigating the tension between risk and safety.



**Simonetta Alessandri** is an Italian dance artist, and a somatic educator based in London. She is an internationally recognised teacher that applies the Feldenkrais Method in dance and movement training as well as performance making. She teaches at Trinity Laban, Goldsmiths University and London Contemporary Dance School. Her work is informed by more than 35 years of dancing, teaching and choreographing. She was one of the few dance practitioners in Italy who began working with Contact

Improvisation in the 90's. She taught for more than 20 years in Italy and kept Contact Improvisation alive in Roma for 10 years with her classes and jams. Her choreography has been for dance companies, student pieces, large scale opera, improvised performance, site specific and movement direction for theatre. She has been a guest teacher in Germany, Colombia, UK, Norway, France, Switzerland, Italy, Spain, Greece, Austria, Portugal, Poland, Taiwan and India. She obtained the Post Graduated Diploma at London Contemporary Dance School; she is qualified teacher of the Feldenkrais Method, and she holds the Teacher Certificate of the Royal Academy of Dance. She is a Fellow of the Higher Education Academy. She is one of the founders of CI@Goldsmiths.

**Useful information :**

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

**Schedule (studio Lapzeson 2<sup>nd</sup> floor):**

- Friday 26<sup>th</sup> of June : from 7:00pm to 9:00pm
- Saturday 27<sup>th</sup> of June : from 10am to 5pm
- Sunday 28<sup>th</sup> of June : from 10am to 5pm

**Place :**

Le Grütli : Rue du Général-Dufour 16, 1204 Genève  
<https://goo.gl/maps/4i1QZAnDAs5q1KXeA>

**Price:**

- *early bird* until the 29<sup>th</sup> of May : CHF 150.-  
Full amount to be paid before the 29<sup>th</sup> of May to confirm your inscription
- **Standard price** : CHF 180.-  
Deposit payment of CHF 50.- to confirm your inscription

**Account details / Twint:**

**Thank you for specifying « Simonetta Alessandri Workshop » in the object of the payment**

Recipient of the account:

**Ass. de Danse Contact Improvisation Genève**  
**c/o Wassim Fattouh**  
**Bvd des Philosophes 2**  
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