

Vienna *WUK Währingerstr. 59, Room "Flieger"*

Oct 7 & 8 10-13h // 15-18:30h

Gonzalo Barales & Paulina Cebula

NOW. HERE // NOWHERE

*CI intensive Workshop
for inter/advance level*



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WORKSHOP

Gonzalo Borales and Paulina Cebula are sharing their own Contact Improvisation research based on **softness / power / safety** and **creativity / freedom / spatiality** within the dance. Enriched with two different backgrounds - Gonzalo comes from Chinese Martial Arts (Tai Chi Chuan and Kung fu) and, Paulina is integrating Physical Theatre and Performance- they are meeting at the same spot and are dealing together with the unknown.

The Workshop is designed for intermediate/advanced dancers who want to deepen their practice and wish to **find their individual path within CI**. It will contain different approaches to the ideas of:

- listening / spreading / containing / rising
- ways of safely and softly lift each other through the combination of directions and spirals
- opening and making our energy / presence a vivid part of the whole space/landscape
- our inner space mutability and its relation with others and space structures
- being more rooted while mobile
- being permeable / adaptable without losing integrity
- being soft and present

Price: 180 Euro // early bird 140 Euro till Sept 10

J A M with live music and score

Saturday, Oct 7, 19:30-22:00 // WUK, room „Flieger“ // open to everybody

Price: 10-15 Euro, free for the workshop participants

GONZALO BARALES

Through my 22 years of experience practising Kung Fu, Chi Kung and Tai Chi Chuan

I found that the very essential movement and presence concepts that I inhabited there have a common goal. To make us able to generate, accumulate and recirculate forces and energy inside our body / consciousness structure and presence. Once we have this energy flow active in us, we decide how to shape, mould it and release it. Opening and closing through intention, imagination and sensation.

Gravity, Our systems of opposition allows us to combine and recycle the energy we can use.

On Tai Chi Chuan we use our intention to guide our energy and our energy moves our body. On Kung Fu we look for the simpler way of doing things to get the most benefit of our bodies' architecture. Every part of our body is related to our centre and mind, and also with earth.

The combination/interaction/interconnection of heaven and earth (mind/intention and body/action movement) are expressed in perceivable reality.

Kung Fu and Tai Chi Chuan empowers us to create what we need from our desire/intention, making this connection of idea and action in a very simple way. All this tools are very effective in teaching us how to build adaptable and movable structures that keeps us safe as we travel through space and meet others' energies.

PAULINA CEBULA:

Actively searching for the unknown – is the way I move through space while dancing CI. I am longing for these gaps in the dance- sometimes just lasting for some milliseconds- in which I just don't know where, when and how the movement will continue. It does require a lot from me to feel confident in that state and not to rush over it. In return I get pleasure, laughs and an abstract and deep feeling of being me.

I have been in love with dance since I remember and I have practised CI for over 10 years. In 2019 I did an education in Physical Theatre and Performance which changed the way I am moving a lot. Marina Abramovic claims "the artist is present ". I do believe that being present is one of the most crucial skills while improvising (no matter if Performance, CI or other dance) as well as imagination.

Through my presence I am connected to myself (my ideas, emotions, desires, needs), to my dance partners, the space and something "bigger". Even if I am dancing in a duo, I am reaching out to the space and it feels like I am dancing with everything and everybody. This is also the base for how I interpret lifts: less like getting lifted by someone, rather as a feeling of flying through space, seeing my partner/s as connecting tissue/s to the ground and as a support for a safe landing.