



Oxford Contact Dance

Dance Sundays

• Sunday 23 April • Sunday 21 May • Sunday 18 June

Richard Benson Hall, 276 Cowley Road, OX4 1UR

3.30 pm to 5.30 pm. Cost: £10 per session.

CONTACT IMPROVISATION is a dance form that originated in the 1970s and has spread throughout the world. It's easy to get started with, and great fun to do! In our Sunday sessions we start by learning skills, to get warmed up, then we spend time just dancing together.

Sun 23 April: Leading, Following, Listening

In most social partner dances, one person leads and the other follows. In Contact it's more complicated. Who is leading? Who is following? It's best not to ask! Just keep listening.

Sun 21 May: Learning to Fly


In this session we will explore lifting using minimal effort, how to make ourselves light when being lifted, and finding natural places of connection on our bodies for ease of flow. Together we'll create a safe lifting experience for all while letting our curiosity lead the dance.

Sun 18 June: Landscape and water

The body as landscape; movement as water. We will investigate weight-sharing and focus on floor work.



Contact information

 facebook.com/groups/oxfordcontactdance

Website: www.contactdance.org

Email: contact@contactdance.org

Map:



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adventures in contact improvisation



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