

Introduction to Dancing Contact Improvisation

Sunday 16 September, 13:00-16:00

Multi-Purpose Room, Oxford University Club, 11 Mansfield Road, Oxford, OX1 3SZ



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A class for beginners or those wanting a refresher. Class 13.00 -15.00.
Dance session or 'jam' 15.00 to 16.00.

Contact improvisation is a dance which originated in the 1970's and which has now spread throughout the world. It's often taught in university dance courses but it's easy to learn and fun. It's an improvised dance – a dialogue in movement – which has a fluid and dynamic form.

Please wear loose clothing and bring a water bottle. When you complete this workshop then you may join our composition workshop on Sunday 23 September at Oxford University Club. All welcome.

Oxford Contact Dance

www.contactdance.org