



Contact | Dance

Workshop 工作坊

6-11-2021

2:30-4:30pm workshop

4:30-5:30 jam

HK\$200

payable upon arrival. No change will be provided. 現場收取，不設找錢。

Sign-up and Enquiry:

whatsapp 9834 6242

medina@dancelsewhere.com

Dance Space @HKDance/FLSH 風臨山海舞蹈空間

15B Maxgrand Plaza, 3 Tai Yau St., Sun Po Kong 九龍新蒲崗大有街3號萬迪廣場15B

Fusing Contemporary Dance with Contact Improvisation

以當代舞融合接觸即興

Contemporary Dance

當代舞

It embraces the freedom of movement and expression that goes with the flow of gravity, momentum, balance, and suspension. 順勢而舞以暢通表達。

Contact Improvisation (CI)

接觸即興

Conduct physical dialogues and exchange of energy to amplify senses and to indulge the creative impulses. 以肢體對話、能量吐納而至飛揚妙想及通達感官。

The fusion of the two allows us to engage in an act of spontaneous dance dialogues and to create our very own dances with a solid basis of learned movement strengths and articulation available for application; and that is what contact dance stands for.

當代舞與接觸即興的融合相得益彰。以學習的當代舞技巧為本，投入到隨性順勢的自發舞蹈對話中，創造屬於我自己的舞蹈，亦即舞隨意動。

- Basic elements of contemporary dance technique, 當代舞基礎技巧;
- Somatic bodywork will be introduced to promote physical awareness, 以「軀體機能運動」(Somatics)以提升自己的肢體感知能力;
- JAM: a platform for practices of the above. To learn and to implement is the key for embodiment. JAM: 即興練習，學以致用是提升的關鍵。

Experienced and non-experienced participants are both welcome. In fact, we cheer participants of a diverse background. 參加者的相關背景不限。我們樂見參加者的背景各不相同。
Soft, loose/movable clothing, bare feet, or with socks 柔軟寬鬆及便於活動之服裝，赤腳或穿襪。

This workshop is conducted by Medina LAU 本工作坊由劉玉芬Medina主理
LAU is a veteran artist of dance and interdisciplinary arts; an advocate of contact improvisation and somatic bodywork. She worked as a professional dancer and choreographer with internationally acclaimed dance companies, to name some: CCDC in HK, Tanz Theatre of Freiburg, Norrdans in Sweden and Aurinkoballetti in Finland etc, presenting performances both on stages of Finland and Hong Kong. LAU travelled extensively for dance collaborations and research projects in England, Europe, and Canada. She is the founder of "dancelsewhere", a dance troupe of creative modern dance for all ages in Hong Kong. She is also an accredited martial arts "YiQuan" teacher and an experienced graphic designer. 劉氏為資深舞蹈家及跨領域藝術工作者，是即興接觸和軀體機能運動的推廣者。她曾於城市當代舞蹈團、德國弗賴堡劇院舞蹈劇場、瑞士諾丹舞團等多個國際藝術團體擔任專業舞者、編舞及製作人，作品曾多次獲邀於芬蘭及香港的舞臺上演出。多年來，劉氏遠赴世界各地參與舞蹈合作及研究項目，包括英國、歐洲及加拿大等地。此外，她更於香港創立了創意現代舞蹈團——「舞·《軌》界」，服務對象是香港所有年齡群，讓社會各階層都有機會涉足舞蹈。劉氏亦是認證中國武術「意拳正軌」導師及自身數碼平面設計師。