

## Daniela Schwarz - CI and Performance

### Personal Experience:

One of my recalling questions is How to stay connected to the inner and the outer space while nurishing the Contact Dance through a performance situation.

I encourage people to swim deeply IN and then to reach OUT, staying TRUE to themselves, to the MOMENT, to the DANCE that is happening, its possibilities and their PARTNER...or ENSEMBLE.

To find out what are their own DESIRES, INTERESTS, AESTHETIC...and take them into the dance.

### WHERE I WANT TO GO

I want to facilitate a travel to the inside and bring it out...also an awakening to the the outside and let it drop IN. Then relate them both.

I want to create a CI performance situation with a witness that is answering it's own questions while watching.

### HOW I GET THERE

\*I lead a group warm up...let the body and mind get here..feeling the others, the space. Starting standing still, eyes close, breathing. Using the breath to move you around the space. Noticing...perceiving...shifting the awereness to the Group DiNAMIC, supporting it, chancing it. Freeze.

\* To find a duet walk to someone you feel attracted to.

\*Authentic Movement Structure. One person is the mover, the other the witness. All the movers are in the space EXPLORING movement. Change rolls. And again...WHAT HAPPENS IF YOU OPEN YOUR EYES? Play with it, OPEN-CLOSE...NOTICING.

\*Now when you open your eyes go where your eyes feel attracted to. Space Awareness. Keep moving with your eyes open, staying in the quality of your dance.

\*Start relating, let the CURIOSITY move you into a Contact DAnce...if you get lost ...close your eyes. Find a group stillness for an ENDING. Change rolls. The witness moves.

\*All group standing, shaking from low to high speed, breathing, sounding, TUNNING THE WHOLE GROUP.

\*Open Stage for performing. Three duets .Rest witnessing. What comes out of the witness-mover relationship? While witnessing ask yourself...What do you like to see? What would you like to see? What keeps you interested in? Looking for and ending together. Short improv. How wants to go?....