

Elisa Betta Segala – Personal Exploration

I use contact in my workshop of body work therapy, so it is very much directed into therapeutic field rather than artistic.

so you ask me my favorite exercise : there are many , but i love the soft-light contact with a lots of awareness and presence, also the centering work (hara) is very nice .

I am not skill in acrobatic or challenging one, only with a special supportive partner .

Paxton once called contact improv. , his original work " a study of communication through touch". This concept is a beautiful one, challenge and open, and when ever I look into this form of dance , I just found so much richness and possibility and connection -applicability to others field of communication.

I study as a movement therapist (now finishing the education here in holland - as a free lance sometimes is so necessary to have a diploma in europe country) so I use some structure basic contact , or teaching class as dance as healing.

I use contact to find a new form of awareness within two people or more. But I might say that I develop more into " feelings-verbalizing-happening as experience into the experience of the person (the triggers point).

As I know, Thea works in the psychiatric field , so she might know about it. I just connect the the personal story of the person.

I like this subject to develop more into therapeutic field connecting a lots with the concept of

Gestalt Therapie and of course his principle hier and now, and Inner Child field.

When ever I go to jam , I always find a sort of difficult to open up to the very core of what we are. I do within myself or with I can flow within that.

There are always barriers, or tricky reactions, or not safe energy field layers that could bring the quality of the dance much better if could be well directed with honesty and clarity and priority

....it is so touching to be in contact , sometimes I feel so much the energy of the partner but I am not aloud to talk about him/her ...too much close, some doors are not possible to openand so we share only some structure or exercise.

I like to reach the real communication of what we are. (so big concept my God).