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Contact Improvisation is a way of life,
once you have dive in it, you can breathe it anywhere, any time.

When you look at something
Your eyes are in contact.

When you hear something
Your ears yre in contact.

When you smell something
Your nose is in contact.

When you taste something
Your mouth is in contact.

And of course when you
Touch something all your body
Awakes, reacts at the contact.

Here, now, let's be in contact.