

Springstep

Contact Improvisation

with Neige Christenson



Photo by: John Barrett

6-week sessions
starting
March 10 & May 5

Wednesdays
6:30-7:45pm

\$89 Members
\$99 Non-Members

Contact Improvisation is a dance form based on the spontaneous interaction between partners sharing a point of physical contact. This “art-sport” is a playful exploration of gravity, momentum, and communication through touch, in which partners give and receive weight, freely trade off leading and following, and learn to be fully embodied and alert. This class is for both beginners and those who wish to deepen their practice of vibrant presence-in-motion. Come prepared to roll on the floor and leap in the air and maybe even turn upside down, if you are so inspired!

**Sample this class on Wednesday, March 3rd
from 6:30-7:30pm for only \$10!**

To register, visit www.springstep.org or call 781.395.0402