

More About The Weekend:

The Workshop on Friday and Saturday will lay the foundation for grounded, expansive dancing in Contact Improvisation within the Underscore. Our practice will address: establishing a deep baseline of presence in body/mind/heart, dancing comfortably in spherical space, beginning/developing/ending connections with others and the environment, and deepening our kinesthetic experience while sharpening our compositional eye (and ear!).

After a **talk-thru** on Saturday evening of the specific phases of the Underscore, on Sunday we will dance **the Underscore** itself.

On Monday, there will be a **Lab** for those who have been practicing the Underscore for some time who would like to work with the elements of the Underscore in even more depth and detail.

Through the phases of the Underscore — alone, in contact, in groups, in silence and with live music—we'll study and enjoy physical and energetic changes of state, natural composition, presence, and relationship.

In all these ways, through the lens of the Underscore, we'll enhance the pleasure and awareness of our dancing experience.



Special Bonus!

SALON with MIKE VARGAS (solo piano) Concert and Discussion

Sunday, 11am–noon

Mike will play some of his compositions/structured improvisations for piano and talk briefly about their relationship to dance improvisation. Followed by an informal discussion. Open to the public. \$5 at the door (included as a bonus with the Underscore practice.) Bring your friends!



Mike Vargas began playing music in 1959. He started specializing in music for dance in 1978. He works as a freelance composer across the USA and internationally performing, teaching, recording, and improvising.

Location:

This event will take place in two locations:

Friday evening *ONLY*:

West Medford Congregational Church
400 High St. (Route 60)
West Medford, MA 02155

Saturday – Monday:

Cambridge Masonic Hall
1950 Mass. Ave.
Cambridge, MA 02140

For a detailed description of each component of this program, directions to the two locations, and other info, see our website: contactimprovboston.com

THE UNDERSCORE : a workshop, practice, and lab

Dec. 5 – 8, 2008

with

**Nancy Stark
Smith**

and

Mike Vargas

**in the
Boston area**



Join Us!

A full weekend of dancing and study of Contact and Improvisation through the **Underscore**, a long score for jamming/composition/contact/improvisation.

The Underscore guides us through a progression of "changing states" of body and mind—from solo sensitizing to gravity and support, into group circulation and Contact Improvisation engagements, opening out into whole-room compositional awareness and interaction, and back to rest and reflection.

Nancy Stark Smith

danced in the first performances of Contact Improvisation in 1972 and has been central in its development. She travels worldwide teaching and performing, often collaborating with musician Mike

Vargas. She makes *Contact Quarterly*, and her first book, *Caught Falling*, came out in 2008.



Photo credits:

Cover photo of Nancy Stark Smith and Helsinki group by Raisa Kyllikki Karjalainen
 Nancy Stark Smith portrait by Mike Vargas
 Mike Vargas photo by Raisa Kyllikki Karjalainen
 Nancy dancing photo by Raisa Kyllikki Karjalainen

Weekend Schedule and Program Options

	Friday December 5	Saturday December 6	Sunday December 7	Monday December 8	Cost/ Details
Option 1	Workshop begins 7 – 9:30 p.m.	Workshop cont'd 10 a.m. – 5:30 p.m.			\$90. Not appropriate for "bare beginners" in Contact Improvisation.
Option 2		Underscore talk 7 – 8:30 p.m.	Underscore Practice 2 – 6 p.m. <i>with music by Mike Vargas</i>		\$40. Talk required for those new to the practice. Price includes Sunday Music Salon.
Option 3 (Combo of options 1 and 2)	<i>Combo cost for Workshop and Underscore talk/practice: \$125 Price includes Sunday Music Salon</i>				
Special bonus event			Special bonus: Mike Vargas "Music Salon" 11 a.m. – noon		Free to anyone registered for the Underscore. Open to the public; \$5 at the door.
Option 4 (Combo of option 2 plus Monday Lab)		Underscore Talk 7-8:30 (not required, but you are welcome to attend)	Underscore Practice 2 – 6 p.m. <i>with music by Mike Vargas</i>	Underscore Lab 10 a.m. – 4 p.m.	\$85 for Sunday Underscore practice and Monday Lab. This option is open only for experienced Underscore practitioners.
Option 5	<i>Option for experienced Underscore practitioners: Sign up for the entire program (workshop, music salon, Underscore, lab) for only \$180</i>				

Register

Send check (payable to Contact Improvisation Boston) to:

Maxine Gautier
 PO Box 301773
 Boston, MA 02130

Enrollment is limited, please register now!

More details about each component of this weekend, and other details on our website:

ContactImprovBoston.com

Info or Housing Requests

Contact:

Dey Summer 339-368-0163
deysummer@yahoo.com
 or
 Maxine Gautier 617-524-0932
joyfuldanseur@yahoo.com

This is a CIB-sponsored event.