



## **“Un-doing” – Essentials of fluid dancing & partnerwork in Contact Improvisation**

Weekend-workshop, Sat & Sun 25th & 26th March 2017  
in Ticino/Switzerland, with Thomas Mettler - CH

Our starting point in this dance-research is an “un-doing”. Through a deeper listening into our own bodies and senses we get ready for an “inner and outer research” – not for perfection – but for an understanding of basic fundamentals and principles for the most weightless possible “lifts” and partnering. Through an awakened awareness and listening into the energy of the other dancer, we dance contact improvisations effortless and smooth.

Through a deepening work with our FASCIAS we search for the “appropriate tone” of our muscles – and through the help of our BREATH and an understanding of TENSEGRITY – we discover the new possibilities of free floating bones and our light skeleton in a “fluid muscles and connective-tissue-system”.

Principles for a weightless, centered “floating on each other” are learned playfully, always with the clear goal to FLOAT on each others movements instead of “climbing” on my partner. Technique and strength shall come from the inside – to therefore and from within respect each owns body as well a the body of my partner(s).

An important and playfull part is the use of our BREATH in dance. To get in connection with our own breath, with the breath of the dance-movement of our partner and „to take a ride on that breath“ – TOGETHER.

“... to come to the point TO LET IT HAPPEN”



**Thomas Mettler** (Switzerland) - Work in THEATRE & DANCE through ongoing research for 36 years.

Teaching over 30 years, 4 years full-time at professional acting or dance schools in London and Paris, and over 140 intensive workshops brought him to Columbia, France, England, Italy, Germany, USA, India, Greece, Portugal, Finland, Spain, Israel, Palestine, Poland, Czech Republic, Ukraine and Switzerland.

With his international performances all around the world and by inviting artists from all over the world to his home-country Switzerland he continues realizing his dream of a world without borders.

*Watch him dance / improvise:*  
<https://www.youtube.com/watch?v=rZ6QqFZui00>  
*or on his own Vimeo-page:*  
<https://vimeo.com/user47646252>



*"CI is for me - in this moment of my life and dancing - more and more LESS AND LESS = more with less = listening listening listening instead of doing doing doing. (If I had only 1 word to describe that, I'd name it Un-doing.)"*

## INFORMATIONS

**Location:**



AREA 18 – Via Linoleum 14  
6512 GIUBIASCO

**Date:** FRIDAY & SUNDAY 25th & 26th of march 2017,  
daily 10:30 – 18:00.

**Language:** Italiano / English / Deutsch.

**Level:** mixed levels, Beginners – Advanced.

Thomas is known for his mastery to work with every ones capacities and teaching mixed groups!

**Information:** Thomas Mettler 0041 76 415 27 38 (mobile)  
info@keep-searching.ch.

**Fee:** 2-days-intensive CHF 190.- (for students / Scuola Dimitri / reduced price CHF 130.-) & for persons in difficult financial situations reduction is also possible!

**Scholarship:** in every workshop of Thomas Mettler there is one scholarship place offered to a student, professional dancer or a person in difficult financial situation, chosen after written application with personal motivation letter & C.V. per email.

**Payment:** CH45 0900 0000 6028 5094 1, Helena Mettler, Casa Barbison, 6659 Camedo.

Insurance is the responsibility of the participants.