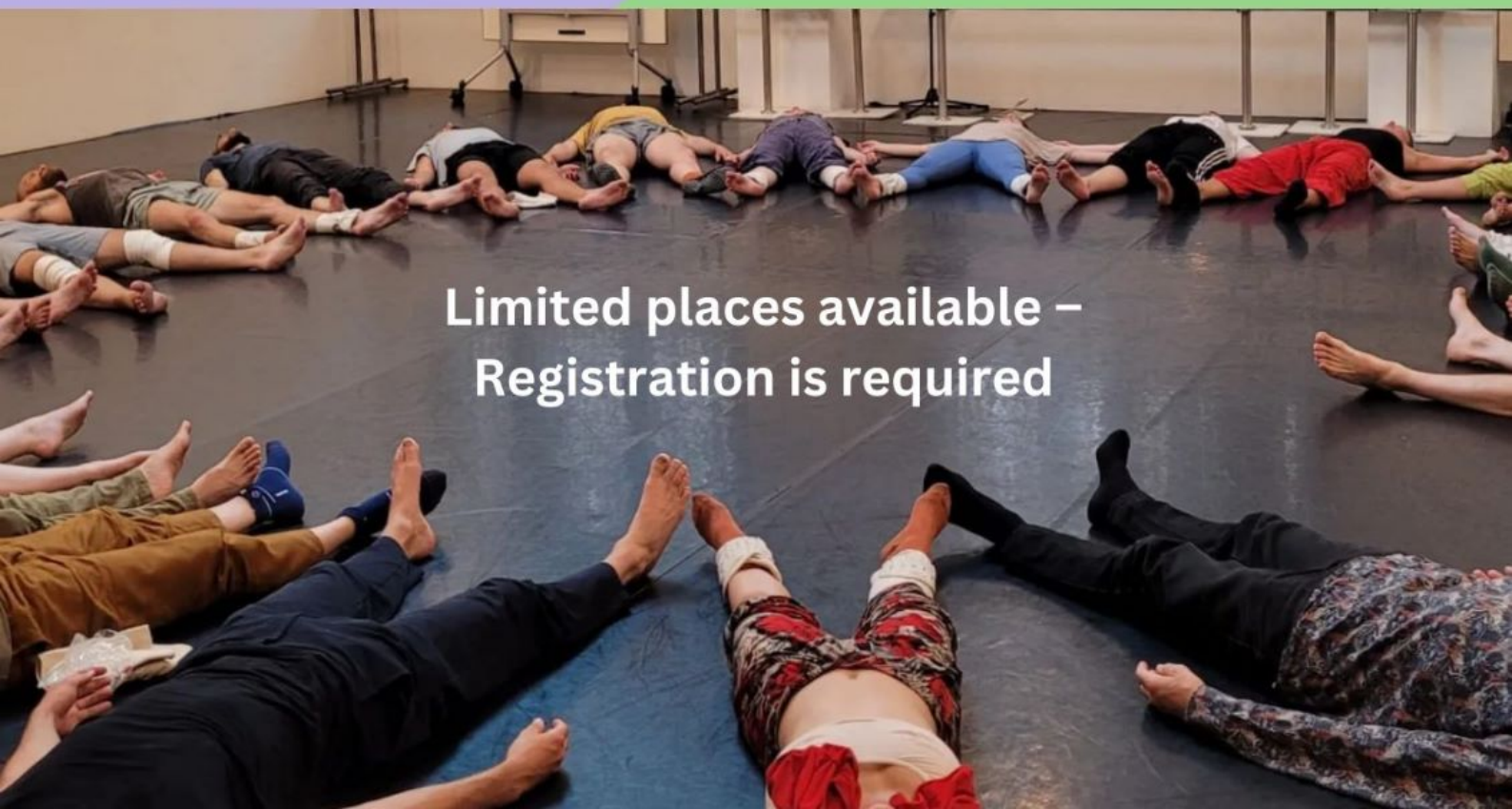




GROUND DEEP TO FLY HIGH

4 day Contact Improvisation workshop with Tom Goldhand & Renate Müller-Procyk



Limited places available –
Registration is required

30th September – 3rd October 2023

Step by step guide to lifting with ease Contact Improvisation intensive in Freiburg

In this workshop we will learn to hear the invitations for lifts as a base and a flyer.

The more you are able to connect with the ground and sense your own weight, the better you will be able to lift your partner.

The other side of this art is to be light and allow your partner to lift you with the “flow of the dance”, rather than using a lot of muscle-force.

**For registration send an e- mail
to renate@newdance-freiburg.de**

**Or scan this QR to reach
the registration form**



www.tomgoldhand.com