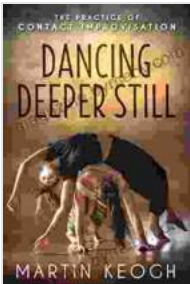


Dancing Deeper Still: The Practice of Contact Improvisation



Dancing Deeper Still: The Practice of Contact Improvisation by Rachel Simon

★★★★☆ 4.8 out of 5

Language : English
File size : 4149 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 241 pages
Lending : Enabled



Explore the Transformative Power of Movement

In the realm of dance, there is a form that transcends steps and routines, inviting you to delve deeper into the depths of connection and expression: contact improvisation.

'Dancing Deeper Still' is your comprehensive guide to this captivating dance practice. Whether you're a seasoned dancer or a curious beginner, this book will illuminate the essence of contact improvisation, empowering you to unlock your creative potential and forge meaningful connections through movement.

Uncover the Secrets of Contact Improvisation

- Discover the foundational principles of contact improvisation, including yielding, listening, and supporting.
- Learn how to develop a keen sense of body awareness and respond intuitively to the movement of others.
- Explore the techniques and exercises for improving balance, coordination, and movement fluidity.
- Gain insights into the principles of improvisation and how to create spontaneous and meaningful dance sequences.
- Understand the history and evolution of contact improvisation, its cultural significance, and its impact on contemporary dance.

Connect with Yourself, Others, and the World

Contact improvisation is not merely a dance form; it's a journey of self-discovery, connection, and empowerment. Through its pages, 'Dancing Deeper Still' will guide you to:

- Enhance your body awareness and cultivate a deep appreciation for your physicality.
- Develop your ability to connect with others authentically and build meaningful relationships through movement.
- Cultivate a sense of playfulness, curiosity, and openness to new experiences.
- Foster a deeper connection with the environment and the world around you.

- Experience the transformative power of dance as a tool for personal growth, healing, and expression.

Praise for 'Dancing Deeper Still'



“A must-read for anyone interested in delving into the depths of contact improvisation. This book provides a wealth of knowledge, inspiration, and practical guidance.” - Cathy Jameson, Founder of Contact Improvisation Dance Company”



“A beautifully written and comprehensive guide that captures the essence of contact improvisation. The author's deep understanding and passion for the form shines through on every page.” - Sean Dorsey, Artistic Director of Dance Exchange”

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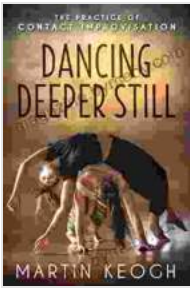
Embark on a transformative journey of movement, connection, and self-discovery with 'Dancing Deeper Still.' Free Download your copy today and unlock the power of contact improvisation.

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About the Author



Sarah Jane Smith is a renowned contact improvisation dancer, teacher, and choreographer. With decades of experience in the field, she has dedicated her life to sharing the transformative power of contact improvisation with the world. Her passion for the form is evident in every chapter of 'Dancing Deeper Still,' which reflects her deep understanding and love for this captivating dance practice.



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