

ADVANCED IMPROVISATION

with Rodrigo Esteva & Mirah Kellec Moriarty

TUESDAYS and THURSDAYS, beginning January 2, 2007
9am-10:30am



Are you ready to MOVE?! You are invited to integrate your full physicality into improvisation and increase your movement potential. Class begins with a release warm-up including energy balancing, floor-work, self-acupressure and focused organic movement sequences. With the release of unnecessary tension, you will feel both relaxed and awake, charged and ready to move.

Specific full-body skills include the rudiments of acrobatics/ inversions to integrate into whole hearted and full-out dancing. Extensive improvisational exercises will guide the group to dance which is truly ALIVE. Improvisation is a way to discover the delicate balance between sensitivity and strength, where timing and awareness are essential.

You are invited to literally fall in love with dance again.

Mirah Kellec Moriarty (USA) and **Rodrigo Esteva** (Mexico) are co-directors of DANCE MONKS, newly based in the area. They have dedicated their lives to this art form for more than ten years. Rodrigo studied at the Trisha Brown School, Merce Cunningham Studio, and Nikolais/Louis Dance Lab in NYC. Mirah was a national level gymnast and studied at the European Dance Development Center in Holland. As members of PEARSON WIDRIG DANCE THEATER (NYC)(1994-2001) they performed internationally at: The Joyce Theater (NYC), The Kennedy Center (DC), Jacob's Pillow (MA), Lincoln Center Out-of-Doors (NYC), Festival Internacional de Danza (Peru), among numerous others.

As a duet, they have taught and performed in Mexico, the US and Canada including: The Flynn Center for the Performing Arts (USA), Middlebury College (USA), Studio 303 (Montreal) and The Ibero Americana University (Mexico). Recent invitations include teaching residencies at EDDC Holland and Counterpulse, SF. They have both studied various healing modalities which they integrate into their dance practice.

Mirah is certified in yoga and Rodrigo is a licensed Acupressure practitioner.

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