



WEEK 1 | AUGUST 3-8

WELCOME CIRCLE | SUN AUG 2 | 2-3PM

Join us in gathering together to meet your new SFDI community of teaching artists and peers. Take this opportunity to connect, ask questions, and address concerns. We look forward to seeing you!

DROP-INS

INTENSIVES

FREE EVENTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9:45AM		CDP (ONLINE) Karen Nelson	CDP (ONLINE) Karen Nelson	CDP (IN-PERSON) Sheri Cohen		
10AM-12PM	MORNING MAGIC Morgan Thorson + Fox Whitney	MORNING MAGIC Morgan Thorson + Fox Whitney		MORNING MAGIC Morgan Thorson + Fox Whitney	MORNING MAGIC Morgan Thorson + Fox Whitney	REST / RIOT Fox Whitney
12:30-2PM						G^2: CHIMERA - TOOLS FOR IMAGINATION AND PHYSICAL EXPRESSION John Gutierrez + Beth Graczyk
3-4:15PM		REST + REFUGE Rosy Simas		REST + REFUGE Rosy Simas		REST + REFUGE Rosy Simas *3-5pm
5-7PM	DELICIOUS MOVEMENT WORKSHOP Eiko Otake	HAPPY HOUR Physical Education *5-6PM	DELICIOUS MOVEMENT WORKSHOP Eiko Otake	BIPOC JAM Moonyeka + guests *5.30-6.30PM	DELICIOUS MOVEMENT WORKSHOP Eiko Otake	

MORE EVENTS

GOES LIVE SUN AUG 2 | PROPERTIES OF VISIBILITY | AUDIO ON-DEMAND | Takahiro Yamamoto
GOES LIVE SUN AUG 8 | WAS GONE DO THAT ANYWAY CAUSE THAT'S JUST HOW I AM. | VIDEO ON DEMAND | keyon gaskin
SUN AUG 9 | 2-3PM | SH*T GOLD OUTDOORS



WEEK 2 | AUGUST 9-15

CLOSING CIRCLE | SUN AUG 16 | 5:30PM
 Join us for this closing night and take the opportunity to gather, reflect, give feedback, share highlights, and connect in isolation.

DROP-INS
INTENSIVES
FREE EVENTS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9:45AM					CDP (IN-PERSON) I Christian Swenson		
10-11:30AM	STILLNESS, ACTION, IMAGE, RECORD. Morgan Thorson	TUNING PRACTICES Karen Nelson	THIS HURTS, THIS DELIGHTS: DEVIANCE AS DEVICE Jessica Jobaris	TUNING PRACTICES Karen Nelson	STAYING WITH AVID *10-11:45AM	CDP (ONLINE) Fox Whitney	TUNING PRACTICES Karen Nelson
	STAYING WITH AVID *10-11:45AM						
12:30-2PM	CURIOUS VERTEBRATES: INTEGRATIVE ALEXANDER TECHNIQUE DANCE LAB Crispin Spaeth	G^2: PHYSICAL THEATER & CRAFTING MOMENTS Beth Graczyk + John Gutierrez		TRANSCENDENTAEROBI-COURAGE Allie Hankins	ASWANG MOVEMENT INCANTATIONS Moonyeka	PERFORMANCE ART AIN'T JUST HIGH IDEAS, IT'S LOWLY BODIES TOO. Neve Mazique-Bianco	DANCE HEALING: ALCHEMIZING WOUNDS INTO POWER Hayley Shannon
3-4:15PM	REST + REFUGE Rosy Simas		REST + REFUGE Rosy Simas		REST + REFUGE Rosy Simas		REST + REFUGE Rosy Simas *3-5pm
5-7PM		DELICIOUS MOVEMENT WORKSHOP Eiko Otake		DELICIOUS MOVEMENT WORKSHOP Eiko Otake	READING GROUP Physical Education	DELICIOUS MOVEMENT WORKSHOP Eiko Otake *5-6:15PM	THE UNDERSCORE TALK THRU Ronja Ver *5:30 - 6:30PM
		SPECIAL EVENT THE UNDERSCORE SUN AUG 16 12:30-4:30PM led by Ronja Ver			BIPOC JAM Moonyeka + guests 7-8PM	DANCE FOR THE DEAD (A NIGHT PRACTICE) Lu Yim + DJ Little Cloud *9-10:30PM	

INTENSIVES

EIKO OTAKE – Delicious Movement Workshop

Eiko will teach her first virtual Delicious Movement Workshop. The workshop is emphatically non-competitive and is open to people of all ages and backgrounds. No previous dance experience necessary. The class will be taught by zoom and the participants will be asked to work on their own outside of the class hours. The assignments will include a few readings, journal writing, and seeing videos. The class activities include movement exploration, discussion, and performing for a class.

Please refer to Delicious movement Manifesto
<http://eikoandkoma.org/index.php?p=ek&id=1911>

ROSY SIMAS – Rest + Refuge

Based on Rosy's creative practice, this intensive is intended to create space for refuge and rest – for the body, the heart, the mind, and spirit. We will move, breathe, hear, see, and practice deep listening to ourselves and our environment. This intensive will be presented via Zoom. You do not need to have your video on to participate. Rosy only asks that you be on time, mute yourself when you are not speaking, and take care of yourself during the movement and discussions.

Please participate in a space you can move in freely that is minimally 6x6. Please nourish yourself by having water and any nutrition you need nearby. Please wear comfortable clothing.

FOX WHITNEY + MORGAN THORSON – Morning Magic (prismatic rebellions, kaleidoscopic interiority, psychedelic sunrise, the freedom to fail, rest and rebellion)

Come as you are. Bring your notebook. Sleeping is ok. When dancing feels sleepy, weird or unfamiliar, we are enchanted by the possibility of sensing something opening, something unknown. We are curious to cultivate this state without containing or replicating it, while questioning our fears and assumptions. With solo touch-based exercises, images and poetic-word prompts, we will practice sensing interoception, or, feeling the inside of movement with the purpose of discovering habits and sensing the physical, lustrous imaginary of the unknown.

This morning practice is developed from these things: strengthening resiliency, investigation, resonance with your own approach, stillness and action, invitation, resistance, and sharing time together inside a process. They will emanate from a personal and imaginative journey of discovery, curiosity, action, as well as the reorientation of self-perception to the magic we make.

DROP-INS

AVID –

How can we stay with in moments when it's easier not to? How can we use our commitment to the practice of improvisation when there's uncertainty, discomfort, and obstacles? How do we individually move through these states while staying connected to the larger ensemble/community? In this class we'll explore solo, duet, and ensemble, witness and be witnessed, and use our now familiar spaces and objects to practice acts of staying with. We will incorporate elements from Contact Improvisation, Viewpoints, Ensemble Thinking, and tools from our long-standing practice.

keyon gaskin - i was gone do that anyway cause that's just how i am. (pre-recorded video class)

let's MOVE, talk, laugh, eat, converse and be together. feeling through ways we can embrace the unknown, trust our intuition, and make from what's in us and not the systems imposed upon us. sharing strategies on how to turn feelings, thoughts, ideas and theory into embodied

practice. exploring how these practices can relieve the stress of making and sharing. keyon has some tricks up their sleeves to share but is also interested in the collective knowledge of the room and those that gather. this class is for those interested in performance and art making/theory/embodied practice, all bodies welcome.

BETH GRACZYK + JOHN GUTIERREZ – G^2: Chimera – Tools for imagination and physical expression

We will dive into physical practices that John and Beth have developed through their creative collaboration in performance. Aiming to find ways to generate empathetic experiences for self and other be it another human, an inanimate object, or a space, we will explore physical scores which allow us to open up our perception of where we end and another begins. We will focus on observation, and imaginative embodiment of qualities to generate new entities that comes from playful merging and meshing with another.

G^2: Physical Theater & Crafting Moments

In this class we will write, sing, move, and use our creativity to share and construct performance based in structured improvisation. We will draw from what is always there (the present moment) and what we find (our history) to generate and explore material stemming from the most expansive source of information we have access to, our individual selves. We will utilize the energy generated to find unusual, yet natural portals into an infinite range of possibilities within our imagination. The culmination of our learning together will allow us to craft real-time choreography malleable to each student's unique vision.

ALLIE HANKINS – TRANSCENDENTAEROBICOURAGE

TRANSCENDENTAEROBICOURAGE is an ALL LEVELS movement/embodiment event facilitated by Allie Hankins/ A combination of step aerobics, somatic practices, and sweaty dance party, we will breathe, vocalize, bounce, sweat, push, rest, DANCE, and work individually, as partners, and as a group in actions that help us access the pleasure of effort. For this virtual experience, we will tap into telepathy, scents-making, and written words to orient ourselves inside our shared moment. A curated playlist buoys us through our fatigue and steers us to an empowering transcendent climax.

JESSICA JOBARIS – This Hurts, This Delights: Deviance as Device

Brackish improvisations and rituals engender our despicable/love-able selves. Desire, deviance, humor will pump the ego up and down, inviting resilience and suppleness in our performing bodies. We will make a “safe-enough” container to access fear and indulgence. We will fascinate ourselves and each other, provoking deep care for our Aliveness.

NEVE MAZIQUE-BIANCO – Performance Art Ain't Just High Ideas, It's Lowly Bodies too.

We'll use improvise, explore, deepen, define, and compose movement-based performance art inspired by our bodies themselves. What does your body look like? How does your body feel? How does your body move? How do you feel about what your body looks like and how your body feels and how your body moves? Even the edgiest, weirdest, or most political performance art isn't engaging and honest if it ain't heart-powered, body grounded. So let's make some juicy stuff.

MOONYEKA – Aswang Movement Incantations

In the spirit of Aswang, we will be accessing our connection to pleasure, power, and allure as a way to develop improvisational movement/dance as incantation for the purpose of manifestation and resilience. May we indulge in connective, deep power work to bring the healing work our wishes and dreams deserve.

EIKO OTAKE – Delicious Movement Workshop

Delicious Movement Workshops are designed for all people who love to move or who want to love to move with delicious feelings. You don't have to be a dancer to enjoy the experience. The workshops are emphatically noncompetitive and appropriate to all levels of training and ability. Eiko hopes each participant will develop lifelong pleasure in dancing any time, anywhere available to them, whether professionally or in their living room.

The exercises employ images, body articulation, floor work, and largely slow movement. However, the aim of the workshop is not to teach these. Rather, the participants, through their personal digestion of the

material and of the improvisation and nonchalant partnership, which supports it. All are encouraged to acquire personal taste and flexible discipline to suit their own moving body. For many participants, seeing movement intimately and being seen moving are a transformative experience, which brings a new appreciation of how “time is not even and space is not empty.”

ROSY SIMAS – Rest + Refuge: Movement Practice

This class is open to BIPOC individuals only

Based on Rosy's creative practice, this intensive is intended to create space for refuge and rest – for the body, the heart, the mind, and spirit. We will move, breathe, hear, see, and practice deep listening to ourselves and our environment.

This intensive will be presented via Zoom. You do not need to have your video on to participate. Rosy only asks that you be on time, mute yourself when you are not speaking, and take care of yourself during the movement and discussions.

HAYLEY SHANNON – Dance Healing: Alchemizing Wounds Into Power

Fear is frozen power. We often create holding patterns around our wounds that kept our past self safe, restricting our present self from receiving vital life force energy. By creating brave spaces to enter into these parts of ourselves we allow transformation under the spell of being seen.

CRISPIN SPAETH – Curious Vertebrates: Integrative Alexander Technique Dance Lab

“It's kind of like secret information that's available to anyone.” - a student

Turn up curiosity! Integrative Alexander Technique is a process that champions the head-spine relationship and its impact on all of your systems. This session will start with an introduction to Integrative Alexander Technique and then move right into improvisational experiments. We will put freedom right into practice, helping you make clearer, faster choices about your thinking, movement, and communication while you improvise. All levels of experience welcome and encouraged!

MORGAN THORSON – Stillness, action, image, record.

What is happening inside a stillness? How does it inform your perception of time and energy? What is felt? What is seen, and unseen? How do you recollect your experience? Working with images you create, micro-movements, and sensing inside your body, we will experiment with a rhizomatic approach to slow-grow, root and disintegrate material. We will talk, witness and move. We will also create a system of short-hand notation so that we have a record of our time together that does not rely on digital data. Bring a notebook and a pen.

FOX WHITNEY – Rest/Riot

Come ready to move to the music that played on the jukebox during the Stonewall Riots of 1969. Engage in psychedelic movement research and scores for improvisation informed by resting/rioting, whispering/screaming, and the history of protest in the United States. Practices focus on the breath, private and public space and our queer and transgender (d)ancestors.

TAKAHIRO YAMAMOTO – Properties of Visibility

This three-part practice is my invitation to meditate on how our sense of vision will affect the way we acknowledge ourselves, the others, and the world around us. As a choreographer, I have been investigating the idea of visibility and vision in order to explore the shifting dynamics between viewers and performers and among performers themselves. This self-guided audio practice, I chose to narrow its focus to internal-self and the inanimate objects around us without deliberate experimentation with strangers nor overt social solicitation. Using three interrelated yet distinctive topics, this practice will offer multiple avenues to reflect your own agency to reflect, shift, and recalibrate our viewpoints to our world.

I welcome you to dial each phone number, and listen to each session via headphone outside: at a park, on a sidewalk, at your own backyard, or what have you. Choose a location as you consider these following tasks that I will propose.

- * Closing your eyes
- * Stop and contemplating on ideas and questions
- * Being still
- * Occasionally walking around the space
- * Intentionally looking at objects
- * Looking up the sky
- * Shifting the eye focus

Part 1. LOOKING

Part 2. DISAPPEARANCE OF SELF

Part 3. SOCIAL VISIBILITY

LU YIM – dance for the dead (a night practice)

we are going to dance for the dead. this is a space to dance in the name of healing wherever you may be in your process of ancestral work. we will begin with a writing prompt and talk through how we are to engage and manage our immediate physical surroundings with that of the virtual, and within non-linear time. we will have moments to share with one another throughout the party. it will be a party, with moments of introspection and connection, please byob and dress ceremoniously.

Lu suggests that you prepare your space before by setting up an altar*. This may include setting intentions and boundaries, saying prayers and blessings, and making decisions for your physical space and your virtual space. Lu suggests using your intuition to guide you in how you prepare if you do not have a foundation of doing this work to begin with.

*You will not have to perform any sort of spiritual knowledge or expertise to the group or share your altar space with us, unless you want to. Feel free to contact Lu beforehand with any questions.

For full faculty bios, descriptions, + registration, visit our website



FREE EVENTS

HAPPY HOUR with Physical Education

Make a drink and kick off SFDI with Physical Education. We'll have a moment to see each other and say hello, and make a toast to the first week of classes and workshops. PE will also get us acquainted with our ongoing chat forum, available to us 24-7. We'll set some intentions for that space and for the festival as well. Come raise a glass with PE.

READING GROUP with Physical Education

Physical Education initially began as a critically engaged reading group between Allie, Keyon, Lu, and Taka. They imbibed and ate lots of snacks together as they developed a deepening and elevating camaraderie. For SFDI they bring you the same, except you have to bring your own snacks. At a PE Reading Group, all styles of participation are valid (speak, listen, observe), and you need not have read the proposed reading list to attend. Our suggested readings are meant to serve as a jumping off point—tangents, associations, critiques, rabbit holes, etc. are welcome.

THE UNDERScore with Ronja Ver

The Underscore is a long-form dance improvisation structure developed by Nancy Stark Smith. It has been evolving since 1990 and is practiced all over the globe.

The Underscore is a vehicle for incorporating Contact Improvisation into a broader arena of improvisational dance practice; for developing greater ease dancing in spherical space—alone and with others; and for integrating kinesthetic and compositional concerns while improvising. It allows for a full spectrum of energetic and physical expressions, embodying a range of forms and changing states. Its practice is familiar yet unpredictable.

To participate in an Underscore, one should have some experience of Contact Improvisation and attend a talk-through of the Underscore, which often takes about an hour. The Underscore is not led with verbal cues; the idea is that people “know” it already and are coming together to share the practice. Participants come on time and stay for the duration of the event.

BIPOC Jam with Moonyeka and guests

Open to Black, Indigenous, and People of Color individuals only.

CONTEMPLATIVE DANCE PRACTICE (in-person) with Sheri Cohen and Christian Swenson

Contemplative Dance Practice (CDP) is a participatory movement and meditation practice that explores embodied awareness. Created in the 1970's by Barbara Dilley (Grand Union, Naropa University), Contemplative Dance Practice is now practiced internationally.

This simple three-part form creates the perfect environment for us to be with what is present in our bodies and in the space, and to express ourselves through movement on a ground of safety.

TUUNING PRACTICES with Karen Nelson

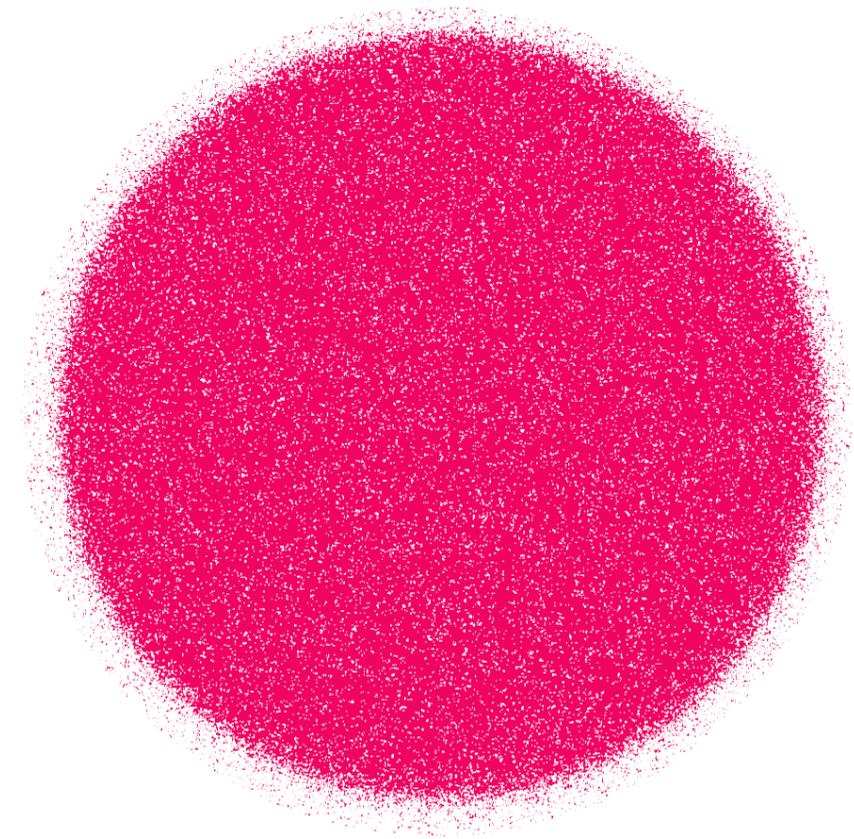
Tuning Practices are an intriguing way to investigate fundamental elements of performance, movement behavior, and communication, altogether. Originated by Lisa Nelson, the explorations illuminate how we compose perception through action; in other words, we learn how what we see is inextricably linked to how we see, through our multi-sensorial layers of observation. In “tuning,” we practice together, using both movement and verbal calls. Through these, we communicate our desires, our imagination, and our memory, in a shared image space. And with this material, we compose live art, together.

CONTEMPLATIVE DANCE PRACTICE (online) with Karen Nelson

Contemplative Dance Practice (CDP) is a participatory movement and meditation practice that explores embodied awareness. Created in the 1970's by Barbara Dilley (Grand Union, Naropa University), Contemplative Dance Practice is now practiced internationally.

CONTEMPLATIVE DANCE PRACTICE (online) with Fox Whitney

Contemplative Dance Practice (CDP) is a participatory movement and meditation practice that explores embodied awareness. Created in the 1970's by Barbara Dilley (Grand Union, Naropa University), Contemplative Dance Practice is now practiced internationally.



SEATTLE FESTIVAL OF DANCE IMPROVISATION ONLINE