

EVOLVING THROUGH MOVEMENT:

Dance meets Aïkido

Workshop with Kirstie Simson and Patrick Cassidy

18th to 22th of october 2021

- ☀ **Public meeting in the evening on Friday, October 22: performance by Kirstie « Aire, solo for my mother » and demonstration talk by Patrick « embracing crisis »**
- ❖ **Zoom on August 29th / 7:00 pm: presentation by Kirstie and Patrick of the workshop and the topics that will be covered**



Organisation MÛ
Lieu: RE.SOURCES
Valcivières - Auvergne - France



Kirstie's words about Aikido and the collaboration with Patrick

Studying Aikido early on in my career was one of the most influential and beneficial learning processes for my development as a dance improvisation artist and human being.

I continue to utilize and build on the principles that I absorbed from studying with Imaizumi Sensei in NYC in the 1980's.

These principles seeped into my consciousness and continue to deeply affect the way I move and think about my art form. They form the basis for my approach to dancing, teaching, and have given me the ground from which to build my performance work and relationship with my audiences. Most importantly these principles have served as a support for facing into the complexities and challenges of life.

I am therefore very excited and honored to be able to collaborate with Patrick Cassidy in teaching this second workshop together.

I met Patrick briefly many years ago through our mutual search for a state of harmonious unity, something I first glimpsed as a living possibility when I encountered Steve Paxton and his revolutionary work with Contact Improvisation, and which I later pursued with serious intent through the Enlightenment teachings of Andrew Cohen.

This opportunity to practice and teach alongside Patrick now feels like a precious gift, given that we have pursued similar interests in our life paths, and because from afar I have always been interested in and curious about his practices and teaching.

Through these 5 days of working together we will continue to discover each other's practices, building on the explorations we did together in Valcivieres in July 2019, and sharing our approaches with participants in the workshop. We will be placing the work within the context of the global pandemic and our own personal life shifts and challenges which have occurred over these past months.

Patrick's words about dance and the collaboration with Kirstie



It was early on my path of Aikido when I actually travelled to Japan. Once in Japan I decided to stay for 6 1/2 years focused on learning and absorbing the art. I had studied in one of the most traditional schools in a small town called Iwama with a highly skilled technician who had been the longest and arguably one of the closest students to the founder of the art, Morihei Ueshiba.

I deeply appreciated the immersion into the matrix of technique with plenty of inherent principle work within the training itself. Yet I never felt that the traditional approach was going to offer the freedom of authentic spontaneous expression that is necessary to realize a state of harmonious unity that is central to the theme of Aikido. I was looking for something congruent to the founder's realization and declaration of his perspective, "I and the Universe are One". Following a contemplative path parallel to my path of Aikido led me to spending 5 years in India, Nepal and Tibet. Here I met, studied and followed the teachings of a number of brilliant teachers. It is here that I first came across Kirstie and we shared an inspiration for inquiry

into the nature of being. The source of all action. Although I met many authentic teachers and benefitting deeply from their facilitation, I never bridged the realization of Unity, into authentic movement with any deep degree of satisfaction. I saw the mystery of movement with its spontaneous nature and the intelligence of Aikido married with that spontaneous nature beautifully, but it was not complete. It wasn't until I felt the spirit of Dance, the expression of Life in rhythm, come into the picture, that I felt the experience of unity express itself through the Aikido congruently. Somehow by incorporating the natural inclination to "dance life", did the approach come together in a seamless union. Where the outer congruently reflected the inner. In my experience when this happens, not only does personal development occur, but somehow our evolution as individuals and even the collective is stimulated...

In 2019, Kirstie and I collaborated for a week of exploration of movement, meaning and perspective. It was a fruitful and inspiring time. The atmosphere was both very intimate and universal. The resulting work felt compelling and creative. I truly enjoyed the sharing of vision and understanding with Kirstie, Franck and Patricia the hosts and the community of dancers and Aikido practitioners who participated. This upcoming event looks to be an even deeper step into the meaning of movement, the conscious appreciation of the worlds of dance and Aikido.

Class with Kirstie

What Moves Us and Why?

An Exploration of Freedom through Dance Improvisation

Imagine what our relationship would be to dancing if we had no prior notion about what the moving body should look or feel like. Participants will work beyond culturally conditioned expectations and other limitations, to celebrate moving together using practices that Kirstie has developed over years of teaching dance improvisation.

Kirstie draws from her knowledge of contact improvisation, dance techniques, the Alexander technique, Aikido, meditation and her extensive experience of improvisation in performance. Her work explores the huge potential of the body's response to the primal urge to move, inspired by the energy released through human interaction, physical challenge and a daring to go beyond inherent ideas of limitation.

There is deep inspiration and rigor in a practice of improvisation that posits vulnerability at its heart. Developing the skills to be able to care for, engage, respect and respond to that state of vulnerability in oneself and others gives life to improvisation that is powerful and transformative.

This is the work that Kirstie engenders through facilitated exercises, open time for play and exploration, movement scores, observations and discussion. Exercises will include partnering and connecting with others, balanced with solo moving and time to process and reflect. Some practices will be experienced outside in nature.

Kirstie's art form is her life practice, and she shares insights gleaned from thirty-five years of experience.

Kirstie Simson (UK) has been a continuous explosion in the contemporary dance scene, bringing audiences into contact with the vitality of pure creation in moment after moment of virtuoso improvisation. Called «a force of nature» by the *New York Times*, she is an award-winning dancer and teacher who has «immeasurably enriched and expanded the boundaries of New Dance» according to *Time Out Magazine*, London. Kirstie is renowned today as an excellent teacher, a captivating performer and a leading light in the field of Dance Improvisation. She has been professor of dance at the University of Illinois, she continues to teach and perform all over the world.



Photographer: Harry Jordan

Class with Patrick

I am inspired by the questions of being in relationship to conflict and movement.

How do we remain centered and awake under pressure? How do we meet a situation of conflict as an opportunity to evolve rather than a threat? How do we connect with another in the midst of conflict and move in way that honors the relationship that is shared? Furthermore, can we take a new relationship to our environment in a way that moves us out of being in opposition to what is, to discovering a way of being in creative alignment with the world.

The teaching will introduce, simple doorways to awaken authentic, spontaneous and intelligent response to the energies of the world around us.

The classes will emphasize accessing the inherent intelligence of body, heart and mind to facilitate an exploration into the new territory of an alchemical transformation of the individual and the relationship in the midst of crisis, conflict and change.

Bringing ourselves to embrace conflict as a doorway to discover, awaken and evolve.

Patrick Cassidy has been practicing Aikido, Meditation and Yoga for over 30 years. He holds a 6th degree black belt in the art of Aikido and directs a fulltime school of Aikido, Yoga and Meditation in Montreux Switzerland. He also leads a worldwide network of Aikido dojos under the banner, Evolutionary Aikido Community. He has facilitated conflict resolution programs in psychiatric hospitals for caregivers and their patients and has led leadership and team building training for numerous corporate organizations. He is also a long term practitioner of Japanese Tea Ceremony in the Ura Senke school.



Schedule

10:00 AM to 5:00 PM / 5 hours a day

We would like to propose a 1/2 hr optional meditation each day. Scheduling the meditation is something we will decide once the group is together.

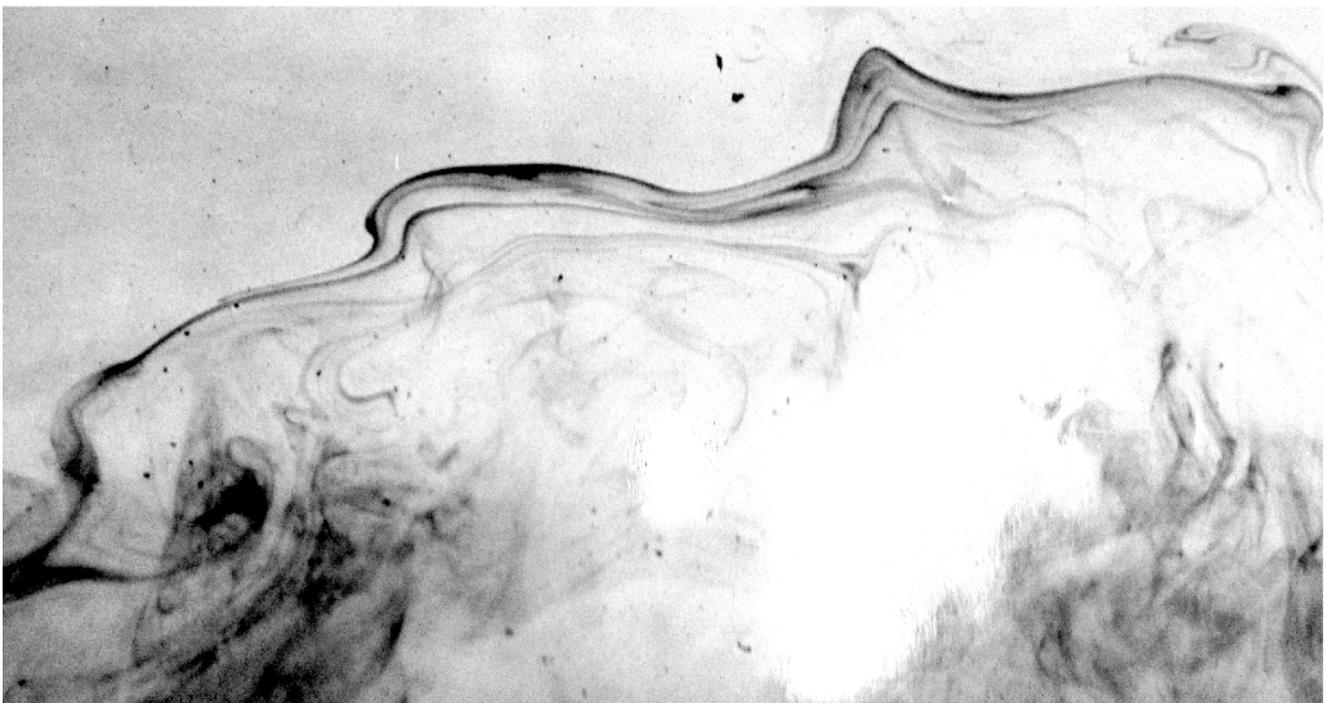
Participation

Please consider that you will need to be able move in and out of the floor with ease, so prohibitive injuries might be challenging to work with in this context.

Please give us some insights into your movement experience on the «registration form», to help us evaluate if this workshop is applicable for you.

Public ZOOM on 29th of august / 7:00 pm

Presentation by Kirstie and Patrick of the workshop and the topics that will be covered. Please, if you are interested to join, contact us pied.mu@gmail.com



Practical informations

- **Dates:** Workshop will take place from 18th to 22th of October, 5 days of practice. Arrivals on the 17th late afternoon, departures the morning of the 23th.
- **Public meeting:** in the evening on Friday, October 22: performance by Kirstie "Aire, solo for my mother" and demonstration talk by Patrick
- **The studio:** Re.sources is a renovated barn in a mountainous context, 160 m2 of wooden floor. The place is a little above the village on the road to pass of the Supeyres, at 15' from the town of Ambert, 75 km from Clermont Ferrand, Saint-Etienne and Puy en Velay, 130 km from Lyon.
- **Housing:** At 10 minute walk from the studio, the cottage La Cheveyre offers shared rooms for 3 to 5 people with shower. Also there's the auberge for the same price, with a few shared rooms for two to three people. These two options are the cheapest and closest housing to the studio. You can contact us for further info, and for other possibilities of lodging in the village that you would undertake to register by yourself - infos <http://www.mu-pied.com/possibilites-de-logement-alentour.html>
- **Workshop price:** 320 euros including 10 euros for membership of Mû association. 300 euros for « low income earners »
- **Meals & cooking:** We usually cook together in the big kitchen of the cottage. From past experience the budget for food for a week is around 55 euros per person.
- **Transportation:** There is an airport in Clermont Ferrand, as well in Lyon, from where you can travel by train and bus to our location. From the train station in Clermont or Vichy you can take a bus to Ambert. We'll pick people up in Ambert bus station. We will send the list of participant's contact information before the WS to facilitate car sharing.
- **Clothing:** We suggest you take warm clothes and good shoes to wear for walking around in the mountainous landscape.
- **Registration:** Please fill in and send back the registration form below. Deadline 15th of september. Your place will be registered as soon as we receive your deposit. Mû will not refund deposits after the deadline registration. Prior to this date any cancelation will be refunded minus 30% of the deposit. Once the WS is full we will create a waiting list.
- **Contact:** Tel France: +33 (0)9 52 29 57 66 mobile +33 (0)6 09 36 46 88 Email: pied.mu@gmail.com
- **Organisation - Location:**
Mû association - Re.sources / Lieu dit La Moronie - 63600 Valcivières (FR)

Workshop location

Re.sources, Lieu Dit La Moronie 63600 Valcivières (FR)

Organisation – Contact

Mû association - Email: pied.mu@gmail.com

Tel : +33 (0)9 52 29 57 66

**Registration form
DANCE MEETS AÏKIDO**

Please, send us back the registration form, by post or email (copy / paste) pied.mu@gmail.com

Name.....

Adress.....

Tel..... Email.....

Please, give us few words about your experience in dance or /and Aïkido

.....
.....

I confirm my participation in the workshop «Evolving Through Movement» in October 2021:

O- I pay 320 euros to the bank account of Mû (info below) or 300 euros

O- I pay a deposit of 100 euros to reserve my place on the workshop, and will pay the balance before the 30th of september 2021

O- I'll join the meal and will pay 55 euros for the stay. *To pay on site*

Bank numbers for European transfer:

Association Mû

Credicoop Chamalières

IBAN:FR7642559100000801346968696

Code BIC: CCOPFRPPXXX

Reservation: lodging at the cottage

O I want MU association to reserve a place for lodging

- *Price per night: 16,35 euros*

You'll pay directly the day of your arrival to the owner of the group cottage or the auberge. Please, remember to have the cash with you, no credit card

Cottage Contact

Jean Paul et Odile Mullié

Gîte La Cheveyre

Le Bourg

63600 Valcivières

TEL: 04 73 82 31 92 MAIL: mullie.jeanpaul@orange.fr

*MÛ association is supported by the Drac Auvergne - Rhône Alpes et la Communauté de
Commune Ambert Livradois Forez*