



Phot: fb

*Evolving through movement:*

## **Dance meets Aïkido**

**Workshop with Kirstie Simson and Patrick Cassidy**

**17th to 21th of october 2022**

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.

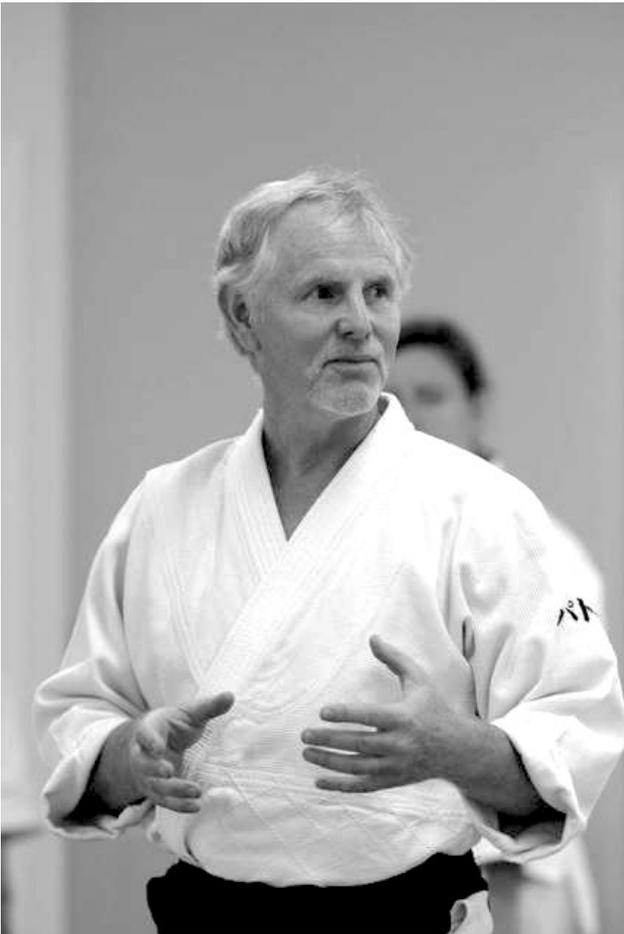
I am therefore very excited and honored to be able to collaborate with Patrick Cassidy in teaching this second workshop together.

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 explore each other's practices, building on the discoveries we made in Valcivières in 2019 & 2021, and sharing our approaches with participants in the workshop. We will be placing the work within the context of the global crisis we are currently facing, as well as our own personal life shifts and challenges which have occurred over this past time. Our ongoing interest is to highlight the important role that embodied/connected intelligence can play within this context, how to become more aware of the need for embodied responses and find ways to develop and work with them.

## 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 her 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.



Photograph: Maynard & Julian McKenny

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.*

## 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

Practice will take place between 10am and 5pm, 5 hours/day.

These times will be modulated by the teachers day by day.

We would like to offer a 1/2 hour mediation each day, optional of course, we will decide the schedule on the spot.

An evening practice will take place on Wednesday.

A free time/break is planned for Thursday morning. The studio remains of course accessible for your individual practices.

On Thursday evening at 7pm, there is a public workshop open to people living in the area who are curious to practice with Kirstie and Patrick. Workshop's participant are of course welcome to attend.

## Participation

**Please consider** that you will need to be able to 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.



Phot: workshop fall 2021

## Practical informations

- **Dates:** Workshop will take place from 17th to 21th of October, 5 days of practice. Arrivals on the 16th late afternoon, departures the morning of the 22th. You can arrive at the gîte on Sunday 16th October, and leave on Saturday 22th October in the morning.
- **Schedule:** 5 hours a day of practice. Free time/relaxation on Thursday morning. On the evening of Thursday 20th at 7pm, a 2 hour workshop is open to anyone from the surrounding area who is interested in discovering the work of Kirstie and Patrick. Of course the trainees are invited.
- **The studio:** Re.sources is a renovated barn in a mountainous context, 160 m<sup>2</sup> 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 60 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 the [registration form](#) on line accompanied by the payment of the deposit (see next page). 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](mailto: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](mailto:pied.mu@gmail.com) - Tel : +33 (0)9 52 29 57 66**

## Registration to the workshop

Please fill in the online form:

**<https://framaforms.org/dance-meets-aikido-2022-1654693595>**

Bank account numbers for European transfer:

Association Mû  
Credicoop Chamalières  
IBAN:FR7642559100000801346968696  
Code BIC: CCOPFRPPXXX

## Reservation: lodging at the cottage

If you want MU association will reserve a place for lodging (see in the online form)

*- Price per night: **16,35 euros***

You'll pay directly the day of your arrival to the owner of the group cottage. 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](mailto:mullie.jeanpaul@orange.fr)