

MOVEMENT ARTISANS MODULE #1 - WEEK 1

Facilitators: Kira Kirsch, Katja Mustonen, Peter Pleyer and Antoine Ragot

Sunday 29th **Arrival Jam 19-20:30** (for those that have arrived already)

Monday Dec 30th

10-10:30 Welcome and Orientation

10:45-13:00 Bio -Tensegral Dynamics - Kira

13:00-15:00 Lunch

15.00-17:30 Contact Improvisation - Katja

Tuesday Dec 31st - NEW YEAR'S EVE

10:00-13:00 Bio -Tensegral Dynamics - Kira

13:00-14:30 Lunch

14:30-17:00 Contact Improvisation - Katja

New year Celebration: JAM - potluck - fire - sauna

Wednesday Jan 1st - NEW YEARS DAY

11:00-13:00 New Years Day Walk & Swim

13:00-14:30 Lunch

14:30-16:00 Bio -Tensegral Dynamics - Kira

16:15-17:45 Contact Improvisation - Katja

Thursday Jan 2nd

9:45-13:00 Bio -Tensegral Dynamics - including laboratory - Kira

13:00-14:30 Lunch

14:30-18:00 Contact Improvisation into Jam - Katja

Friday Jan 3rd

9:45-11:45 Contact Improvisation - Katja

12:15-14:00 Bio -Tensegral Dynamics - Kira

14:00-15:30 Lunch

15:30-17:30 Embodied Somatic History - Peter

Saturday Jan 4th

9:45-11:45 Contact Improvisation - Katja

12:15-14:00 Bio -Tensegral Dynamics - Kira

14:00-15:30 Lunch

15:30-17:30 Embodied Somatic History - Peter

18:30 Book Jam - Peter

Sunday 5th - Free day

