

BODYSURF SCOTLAND

# NEW YEAR'S DANCE EVENT 2009/10

FINDHORN 29th December – 3rd January

Gabrielle Roth's 5Rhythms® with Deborah Jay-Lewin

Contact Improvisation with Karl Jay-Lewin & Robert Anderson

Welcome to Bodysurf Scotland's 8th New Year's Dance Event. A fantastic opportunity to dance 5Rhythms and Contact Improvisation in the beautiful enriching environment of the Findhorn Foundation community.

Classes in Contact Improvisation and 5Rhythms

Sweat Your Prayers® — CI Jam — Shared body-work  
Hogmanay Party — Beautiful winter landscape by the sea  
Stunning skies and wild geese — Meditation sanctuaries  
and hot tub

Gabrielle Roth's 5Rhythms are an accessible and encompassing movement practice. Like the cycle of the seasons, the Rhythms reflect the physical and energetic patterns we find within and all around us. As creatures of habit we often limit our full range of expression, settling into conditioned ways we feel comfortable with. Dancing The Wave®, through Flowing, Staccato, Chaos, Lyrical and Stillness, liberates our full potential and nourishes our physical, emotional and mental well-being.

Contact Improvisation is a dance of improvising and partnering based on the physics of touch, balance, weight, momentum, flow and resistance. It tunes our senses to be ready to respond in an ever-shifting dialogue of movement. Sometimes quiet and meditative, sometimes wild and athletic, it is a form open to all bodies and enquiring minds.

"Each dance is a series of on-the-spot decisions. And they are on the spot. The soft skin is alert to the points of contact, signals telling the dancers where they are, orienting them to their partner and the floor... an important aspect of Contact Improvisation is the pleasure of moving, and the pleasure of dancing with somebody in a very spontaneous way." - Steve Paxton

*"Wild geese, wild dancing and wonderful people balanced with stillness and relaxation. This has to be one of the best ways to spend Hogmanay in Scotland." - Brian McMullen*

*Deborah Jay-Lewin has been teaching the 5Rhythms since 1994. She lives and works in the Findhorn Community in Scotland, where she combines her knowledge about the 5Rhythms and creativity with her interest in sustainable living. She teaches regularly in Scotland, Europe and Asia. Her workshops are known for being full of vitality, open heartedness and the power to transform. Deborah is engaged in ongoing study with Gabrielle Roth and is a certified Waves® and Heartbeat® teacher.*

*Karl Jay-Lewin is a professional dance artist who has been choreographing, teaching and promoting dance for over 14 years. His curiosity and fascination with the intelligence and physicality of the body is central to all his work. He is Artistic Director of Bodysurf Scotland and lives at Findhorn. Once again Karl teams up with longtime friend and colleague Robert Anderson to lead the CI sessions. Their teaching will span a range of skills and movement states designed to meet the needs and experience of participants.*

*Robert Anderson has been passionately involved with Contact Improvisation since 1996. He has been teaching and facilitating CI classes, workshops and jams in London since 2000. He is active within the international contact community, teaching and performing in Europe and America. His classes encourage a state of alertness and openness and invite a sense of pleasure, play and poetry for the dancing body.*

**BODYSURF SCOTLAND**

# 8<sup>th</sup> NEW YEAR'S DANCE EVENT

12.30pm 29th December – 1pm 3rd January 2010

**Gabrielle Roth's 5Rhythms with Deborah Jay-Lewin**  
**Contact Improvisation with Karl Jay-Lewin & Robert Anderson**

## **Venue and Location**

The Universal Hall Arts Centre, Findhorn, with two dance spaces, organic cafe and a hot tub. The Findhorn Foundation Community is known throughout the world as a major international centre of personal and spiritual transformation and sustainable living. The community itself is situated on a 2 mile long peninsula amongst beautiful beaches, sand dunes and woodland. It is located in the North East of Scotland.

## **How to get here**

Detailed travel information, including low cost options, are available via our web site.

Airports serving the area are Inverness (30 miles away) and Aberdeen (85 miles away). Connections are available from many major British and some European cities.

UK intercity train services run to Inverness and Aberdeen, with connections to Forres.

## **Booking information**

Cost of the full week programme (including one vegetarian meal per day, Hogmanay Party and use of the Hot Tub) is £300. Optional B&B accommodation (29th - 2nd Jan incl) in cedarwood bungalows, with 4-5 people sharing in twin rooms is £105. Some concessionary places and bursaries are available, please enquire before booking. Contributions to the bursary fund are welcome.

## **Times**

Registration is from 12.30pm – 1.30pm on 29th December. The first session begins at 2pm. The last session ends 1pm on 3rd January.

## **To Book**

Please send a non-refundable deposit of £75 (cheques made payable to: 'Bodysurf Scotland') to: Bodysurf Scotland, The Universal Hall, Findhorn Bay, Forres, IV36 3TB, Scotland.

10% early-bird discount if booked by November 1st 2009. Group booking discount available - please enquire.

***“Great combination! I had a fantastic time and would recommend this to everyone.  
It lit up my year and informed my life.”***

Enquiries: [www.bodysurfscotland.co.uk](http://www.bodysurfscotland.co.uk) [admin@bodysurfscotland.co.uk](mailto:admin@bodysurfscotland.co.uk) +44 (0)1309-691 661