



triade

cologne contact improvisation festival

9th-12th February 2018

LOCATION

Aikido-Dojo Cologne
 Neusser Str. 26, 50670 Köln
 Station Ebertplatz 100m
 Cologne Main Station 500m.

FEES

Full 100 EUR
 Day inkl. Jam 40 EUR
 Class 20 EUR
 Jam 10 EUR

INFO

No food included. Accomodation in the dojo on request. Please consider Cologne Carnival during the festival.

CONTACT

Registration via E-Mail. Payment at reception desk.

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The Art of Performing Inside
 Awareness as Autonomous Art

triade creates a space full of forward directed energy for contact improvisation. We are dancing in a city that is supercharged with Carnival our festival is inspired by the number three: creation, vitality and transformation. 200 sqm soft tatami-mats give us room for triades of body, mind and soul – past, presence and future – beginning, middle and end – heaven, earth and water.

We are starting the journey with a jam dedicated to **magma**, diving than into the evolution of creative movements on Saturday (**creation**), enjoying the active exchange and development in an organized process on Sunday (**life**) and are amazed by the universe around us that is transforming contiously into new forms on Monday (**transformation**).

	SATURDAY 10th FEB 18	SUNDAY 11th FEB 18	MONDAY 12th FEB 18
	11-14 Awareness Intensive Breaks on Demand	11-15 Awareness Intensive Breaks on Demand	11-15 Awareness Intensive Breaks on Demand
	14-16:30 Moves Research	15-19 Moves Research Breaks on Demand	15-19 Moves Research Breaks on Demand
FRIDAY 9th FEB 18			
	19:30-22:30 Magma Jam	19-22 Creation Jam	19-22 Life Jam
		19-22 Life Jam	19-22 Transformation Jam

Each day is designed by one teacher, who refers to the given topic. The morning starts with an awareness-oriented session. The afternoon is dedicated to movement research. Each evening is jam-time with a topic-related warm-up.

SATURDAY: Nella Turkki (FIN)
dancer, performer and theatre maker. Combines elements of contemporary dance, object manipulation and physical theatre.

SUNDAY: Thomas Schall (GER)
Studies in sports, dancer, performer. Since 1997 CI-classes, workshops, festivals und jams in Cologne.

MONDAY: Bryce Kasson, (US)
Improvisateur, dancer, performer, clown. Since 2000 worldwide teaching Contact Improv, Contemplative Dance and Tuning Scores.

JAMs: Hassan Aftabruyan (GER)
Festival director. Movement research in Aikido, CI, theatre and health techniques since 1999.