

Attract Movement

Contemporary Dance & Partnering Workshop

Overview

Attract Movement is a contemporary dance workshop centered on the practice of **partnering** — a dynamic exploration of connection, weight, trust, and shared momentum. This workshop invites dancers into a physical dialogue, where movement emerges from listening, responding, and co-creating with others.

Rooted in contemporary dance, contact improvisation, and elements of physical theatre, the workshop focuses on **real-time interaction** rather than set choreography. Through guided exercises and improvisational structures, participants will develop tools to move with, support, and challenge each other in motion.

Workshop Content

- **Partnering fundamentals:** connection, support, resistance, momentum
- **Weight sharing:** lifts, counterbalance, leaning, and grounding
- **Physical listening:** responding to cues through touch and timing
- **Improvisation tools:** co-creation through structured and open exploration
- **Trust & play:** creating a safe space for experimentation and risk-taking

Who is it for?

This workshop is designed for **intermediate to professional-level dancers** with a background in contemporary dance or physical movement practices. No previous partnering experience is required — openness, curiosity, and presence are the most important tools.

Duration & Format

- Flexible formats: from **2-hour sessions** to **multi-day intensives**
- Can be adapted to **festival schedules, residencies, or company classes**

Workshop Goals

- Encourage authentic connection through movement
- Expand physical and spatial awareness
- Build confidence in partnering dynamics
- Inspire creativity and mutual support in dance