

Dear reader,

Our website is maintained and updated in German language, with the possibility of clicking on another language on the scroll-down menu, which will be translated electronically. Since those translations are not great, we have translated the most important pages in English here (What's New/ Aktuelles, Overview of Jams/ Jams im Überblick as well as the Organisers/Veranstalter). For any updates and current jams and workshops as well as the teachers and musicians, please use the website-pages and the translation scroll-down menu.

What's New (Aktuelles)

Dear Contact dancers and guests,

This newly created website aims to provide you with an overview over the various possibilities of discovering and cultivating this wonderful dance form in Munich.

Guests are warmly welcome, even with no prior experience, and without notification. Just come.

Whoever wants to enhance his or her natural abilities to move and dance contact improvisation (CI), we suggest classes and workshops. It is recommended for all, as it gives us more security, a common language and expression. If you have questions, please contact our organisers and teachers (Veranstalter – Lehrer).

Under the calendar (Kalender) you will find jams and soon also classes and workshops as well as weekend jams and festivals (without claiming to be complete). Few times a year, we invite experienced teachers to give a mini-workshop instead of a jam (based on your own appreciation and ability to pay (15,- 25,- € guiding value). In this way you have the possibility to get to know various teachers without having to decide for a longer workshop.

If anything changes short term, you will find it under "Aktuelles".

If you wish to give us suggestions, ideas and exchange experiences, please use our guest book under "Gästebuch". In case of a deeper need to share thoughts or place an article, use the open-space page "Freiraum". Here, it is possible to exchange about various jams and be inspired. Please note that your entries in the guest book first have to be approved to avoid spam. For the open space please write an email to Roland.

I wish you lots of joy dancing together and a fruitful integration of all the qualities into your body-conscious, personal and professional relationships.

Roland G. Krügel

Overview of Jams (Jams im Überblick)

Friday Jam at dance studio „Freitänzer“ every Friday 6.45 - 8.45 pm

Place: Freitänzer, Euckenstr. 15, 81369 Munich, www.studiofreitaenzer.de, underground/city train station Harras

Entry fee: based on your own appreciation and ability to pay (7,- 14,- € guiding value);

Process: including a warm-up by Schirin Groß-Yachkaschi, Roland G. Krügel, Ullrich Wittemann, Karunesh Frank Sarring, Markus Kunas or guests, mostly in stillness, at times with live music and a collective harvesting round at the end.

Info: Schirin Groß-Yachkaschi, Mobil-Nr. 0177 3365754, schirin@spiraldances.com and Roland G. Krügel, Tel. 08803 4998736, Mobil-Nr. 01765 7003939, info@atmedichfrei.de

Jam at „Freies Musikzentrum Munich“, Sundays 7 – 10 pm during summertime / 6 - 9 pm during wintertime

Address: Max-Weber-Platz 2, 81675 Munich, Underground lines: U4/5; **Fee:** 7,- €, including a warm-up by various dancers and teachers;

Info: Heidi Schnirch, www.freies-musikzentrum.de

Tuesday-Focus-Jam at dance studio „Freitänzer“ monthly, usually on the last Tuesday of the month from 6 – 8 pm

Each jam has a different focus, into which you are guided by Peter Krempelsetzer or other CI teachers, e.g. underscore, boundaries, blind jam, bodywork into jam, surprises, presence, using your senses, focus on trios, etc. Look forward to good inspiration, an intensive and mindful dance-atmosphere and contact music & stillness – often improvised life.

Place: Freitänzer, Euckenstr. 15, 81369 Munich, underground/city train station: Harras.

Info: www.improart.de (also for „TanzLust“ and „Contango“) Peter Krempelsetzer, tel. 089 54370610

Fee: single entry 15,- € / discount 7,- €, for anybody who has been on minimum 5 weekend or longer jams / or ticket for 6 entries.

Music-dance-JAM "Rumble in the Jungle" every 2st an 4st Thursday of the month from 8 – approx. 11 pm and every

Place: Lachdach Pling, Steinerstrasse 5-9 (2nd floor, back house)

Fee: 20,- €

Process: Bring along your music instruments, curiosity and eagerness to move, and if you like some snacks to share. There will be a warm-up and then free jamming in a focused space, ending with a sharing circle.

Info: Johannes Anzenhofer, hannes.anzenhofer@gmx.de

Organisers of the Friday Jam (Veranstalter der Freitags Jam)

Schirin Groß-Yachkaschi

freelance organisation development practitioner, systemic consultant and trainer

Applies, amongst other practices, body work, movement and dance in her work and combines those with hypno-systemic and embodiment concepts. She dances Contact Improvisation with heart and soul and is mother of a 4-year-old daughter.

Dance has accompanied me since my childhood and has always been a means of connecting with myself and communicating my inner world to the outside. Contact Improvisation has become my main research field since 2009. Important teachers, with whom I could further develop my abilities, were Jörg Hassmann, Adrian Russi, Leilani Weis, Eckhard Müller, Daniela Schwartz, Bernd Ka, Renate Wehner, Nancy Stark-Smith, Angela Doni, Thomas Mettler, Mirva Mäkinen, Martin Keogh and Ray Chung.

The Friday CI Jam has become an important aspect in my dance herstory, which I don't want to miss.

Contact: 0177-3365754, schirin@spiral dances.com
www.spiral dances.com/ www.embodied-mind.com

Roland G. Krügel

Breathing Therapist, Healing Practitioner

Further training in body-oriented psychotherapy (Focusing and Voice Dialogue) as well as Non-Violent Communication (M. Rosenberg); Contact Improvisation with Rochus Schmücker, Alito Alessi, Keriak, Jörg Hassmann, Angela Doni;

Movement Art after Suprpto Suryodarmo, Shinui Martial Dance with Stefan Maria Marb;

Through intense study and research of body- and breathing-consciousness, I connected to Contact Improvisation quite early. For me, movement, encounters and dance have a healing impact. After each Contact Jam, I experience a circle of dancers with more peace, composure, energy, connectedness, love and joy of living. What I work on as a therapist, seems like a side effect of Contact Improv dance.

In the year 2010, Schirin Groß-Yachkaschi and I took over the CI Friday Jam in the Studio Freitänzer from Claudia Seeleitner. The initially very "small" jam has developed into a "large", diverse jam over the years, often with live-music, which makes me very happy.

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