

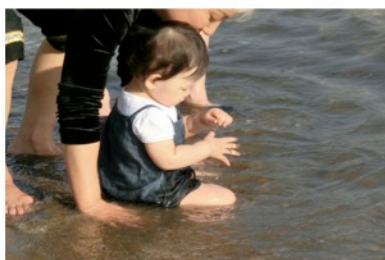
April-June/ 2017

**BODY WORK & CONTEMPORARY DANCE & CONTACT IMPROVISATION
WORKSHOP**

Navigated By Noriko Kato ; independent dance artist+ Dance-tect

At HIRORO SQUARE/ SASAMORI MEMORIAL GYMNASIUM

—Please check the schedule on the back of the page—



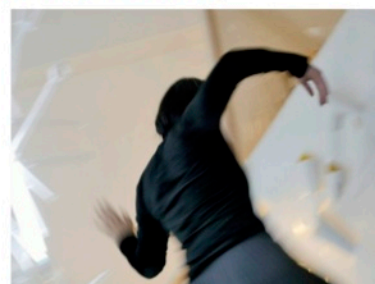
Parent & Child Contact dance (ab 3years~12years children & adults)

The class aim is enjoying through light contact improvisation playing with rhythms and movement together with parents and children to nurture the creativities and sensibility. Not only children will have fun, all parents feel it even more.

Contemporary dance release technique & Contact improvisation (everyone is welcome)

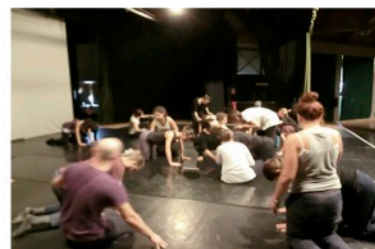
This class is mixed with contemporary dance technique based on Skinner releasing and contact improvisation. First half is the technique to tone your body and mind gently through releasing the tensions from the body and movements. It leads your body to feel you and your movement lighter.

And second half is contact improvisation that experiencing the communication of the body. And we will build trust through the body by the nature of contact improvisation of sifting weight to each other.



Bodywork & Movement (everyone is welcome)

This class focused on bodywork based on Skinner releasing technique to tone your body and mind gently through releasing the tensions from the body and movements. Listening and imaging your body internally/ externally you will explore the nature of your body and organic rhythm of yourself. Then we will experience to find your potential creativities and increase and possibilities of yourself by using all the elements into movement/ sound/ voice by letting go of tensions.



Navigator: Noriko Kato (independent dance artist + director/ performer of Dance-tect)

Noriko was born in Hirosaki. She holds Professional Diploma in Dance Studies of Laban Centre London and MA and BA in Sport Science (specialized in Dance) from Nippon Sport Science University.

Kato taught Keio University, Kanagawa University and Nippon Sport Science University (2006-2015). Noriko starts working as an independent dance artist while she is in Cologne, Germany. In 2005 she has been launched Dance-tect. It becomes collective performing art project hub that Noriko collects independent artists by project internationally. In 2009 she organized outdoor water stage performing event cosponsored by Aomori Contemporary Art Centre. From 2011- 2014 Kato collaborated with Italian choreographer Claudio Malangon. In 2014 she organized Italy| Canada| Japan performance event in Aomori and Tokyo. In 2016 she held an Event with Jazz musician Christer Bothén from Stockholm who was a ex-Don Cherry's band and Visual Artist Yolanda Alonso from Barcelona. Apart from Dance-tect Noriko continues working as an independent dance artist.

Kato published translation book in 2016 of Jo Ann Endicott who was the dancer of Pina Bausch "FAREWELL PINA. PINA BYE-BYE." in Japan.

スケジュール (Schedule)

ヒロロスクエア多世代交流室 (HIORO SQUARE Tasedai Koryu-Shitsu)			
日付 (date/room)	時間 (time)	クラス (class)	料金 (fee)
4月16日(日) 交流室1 room 1	10:05~10:50	1コイン・デー 親子コンタクト・ダンス (1 coin specials of Parent & Child Contact dance)	500 (親子ペア) (1adult & 1child)
	10:55~11:55	1コイン・デー コンテンポラリー・ダンス (1 coin specials of Contemporary dance /release technique)	All 500
5月21日(日) 交流室2 room 2	10:05~10:50	親子コンタクト・ダンス (Parent & Child Contact dance)	1200 (親子ペア) (1adult & 1child)
	10:55~12:55	コンテンポラリー・ダンス & コンタクト・インプロビゼーション (Contemporary dance release technique & Contact improvisation)	一般:2000 / 学生:1000 (adult / student)
6月18日(日) 交流室2 room 2	10:05~10:50	1コイン・デー 親子コンタクト・ダンス (1 coin specials of Parent & Child Contact dance)	500 (親子ペア) (1adult & 1child)
	10:55~11:55	1コイン・デー コンタクト・インプロビゼーション (1 coin specials of Contact improvisation)	500 (親子ペア) (1adult & 1child)
6月25日(日) 交流室2 room 2	10:05~10:50	親子コンタクト・ダンス (Parent & Child Contact dance)	1000 (親子ペア)
	10:55~12:55	コンテンポラリー・ダンス & コンタクト・インプロビゼーション (Contemporary dance release technique & Contact improvisation)	一般: 2000 / 学生: 1000 (adult / student)

* **Please note. The capacity of HIORO class is about 10 people, so we will close when it becomes.**

笹森記念体育館 武道場 (Sasamori Memorial Gymnasium- Budozyo)			
日付 (date)	時間 (time)	クラス (class)	料金 (fee)
4月18日(火)	13:30~14:30	ボディ・ワーク&ムーブメント (Body work & movement)	All 1000
4月25日(火)	13:30~14:30	ボディ・ワーク&ムーブメント (Body work & movement)	All 1000
5月16日(火)	13:30~14:30	1コイン・デー ボディ・ワーク&ムーブメント (1 coin specials of Body work & movement)	All 500
5月30日(火)	19:00~21:00	コンテンポラリー・ダンス& コンタクト・インプロビゼーション (Contemporary dance release technique & Contact improvisation)	一般:2000 / 学生:1000 (adult / student)

Reservation/Booking/Inquiry

Mail ; dancetect@☆gmail.com (Please take off ☆) Tel; 090-8258-9922 (Noriko) HP ; www.norikokato.com
Please check information updates at FB page Noriko KATO if you are interested.

Notes : Class will be taught in Japanese though English translation available if you would like.

Please take class with comfortable and soft clothes. The class will be taught in barefoot.

Bring towel and water if you need.

Please do not hesitate to contact as

- * ¥200 Discount for reserve before 7days of any of the regular class (not 1 coin special)
- * You will get more discount when you reserve 3 regular classes
- * For groups with more than 10 people, we have time designation and group discount fee.
- * Private class of bodywork and semi-private classes for 2 to 4 people
(Releasing from daily fatigue and arranges mind and body at your own pace,
also to relax and exercise while speaking with your friends)

Importance notes: Classes are carefully instructed in terms of safety but regarding injuries due to carelessness or any of the circumstance. We are required to participate at your own risk. We recommend that you enroll in persons with personal accident insurance if you need.