DANCE DOCUMENTARY PREMIERE MARCH 26, 2016 NORTHAMPTON ACADEMY OF MUSIC 7 PM

The film, *an intimate dance*, focuses on the transformational dance journeys of three individuals. There's Albert, a cautious beginner, Rythea, on a survivor's journey of recovery, and Eugene, who pushes his physical and social edge from his wheelchair. Their stories convey a very personal struggle to recover our birthright of embodiment: to come home to our bodies in safety, dignity, and vitality. If the roadmaps of oppression are written in our bodies, so are the pathways for healing. Contact and curiosity can help us find the way home.

The film pays homage to the history of contact improvisation, as well as illuminating its importance in our world today, featuring Steve Paxton, the founder of contact improvisation, dance professors Chris Aiken and Nita Little, footage of the early history of contact, scenes of contact around the world, and scientific interpretations of some of the phenomena we experience in a contact dance or jam.

Student discounts and performance opportunities available.

Website  Facebook