

Friday Contact Improv Jam Guidelines

The Jam is a focused environment. Be mindful of how sound & language affect the Jam

The jam is meant for the practice of contact improvisation and related movement practices. Please keep social/casual conversation outside the dance space. Sounds or words that are a part of the dance are quite welcome and low-volume talking related directly to dancing is accepted and appreciated (particularly if the communication is about safety within the dance).

You are responsible for your own safety – physically and emotionally

CI can be a very physical practice. Please be aware of your own safety in the space. Listen to yourself; be aware of what is comfortable for you, for your body. We are all different and have different skills, abilities, and comfort levels. It is always okay to say “No” or “Stop” if something feels uncomfortable or unsafe to you.

Please be mindful of the space around you

Be particularly mindful if you are dancing with speed, large amounts of weight, jumping, or other potentially risk-taking movements. Similarly, please witness, rest, and/or engage in static partnering near the edges of the floor to yield the space for those engaged in movement.

In the Jam:

Cultivate awareness of self, others and the jam environment in general. Stay alert and aware of the connections that exist between dances, across the room, etc.

You can always leave a dance (or conversation). Also, if someone leaves your dance, don't take it personally.

You can always join a dance. Enter dances with a spirit of listening and tuning into what is already there.

Grazing is a simple, pleasurable way to experience dances. Grazing (warming up to interaction with others and the environment through a series of short connections) could last for a few seconds or a few minutes.

Witnessing is a necessary part of the form. Please feel more than welcome to watch from the outskirts of the dancing space. A lot of learning about the dance occurs this way.

(Based off of the guidelines at Earthdance in Plainfield, MA)