



Moving Heart

SAFER SPACE GUIDELINES

Contact Improvisation

*** TAKE CARE OF YOURSELF***

Adjust, explore, take a break and watch for a while. Drink water.

*** RESPECT YOUR BOUNDARIES ***

If you start to feel overwhelmed and something does not feel ok; step out, take a break. Re-connect to what you need. Practise to leave exercises and dances whenever you feel like it. You don't need to explain why.

*** RESPECT THE BOUNDARIES OF OTHERS***

If somebody leaves from a dance with you, LET GO and find your way to your own dance. Don't try others to do what they don't want to do. Practise to receive a no! Don't expect from others that they want to cuddle or hug; be sensitive and practise to listen when it's the moment to give a hug.

*** EXPLORE YOUR UNDERSTANDING OF YOURS AND OTHERS BOUNDARIES! ***

Take it as an exploration in the world of physical contact. Find out different moments and different needs, be creative and respectful.

*** EXPLORE HOW TO ENTER A DANCE ***

Explore how to enter a dance and how to find a common agreement about dancing together! Have the courage to receive a Yes and a No!

*** NO GRABBING! ***

Let your dance-partner be free to catch themselves. In case of falling, don't grab ankles and wrists, especially during lifts. Don't try to lift anyone who doesn't want to.

*** EXPLORE GENDER-ROLES ***

There are no assumed gender roles in practising CI (how a woman/man/trans/bigender should dance). There is no need to give each other different genders; You can explore and play and change the roles. Realize not everybody are or behave how we assume a certain gender to be.

NO DISCRIMINATION IS TOLERATED

Practising CI is a space to cultivate safety for everybody! Racism, transphobia, sexism/other oppressive, discriminating or harrasing behaviours are not tolerated. If anyone or anything makes you feel uncomfortable or if you witness harassment, please report this to the organizers. A person who act according to this might have to leave the event.

*** CARE FOR EACH OTHER ***

Be empathetic with others; needs can be different. At some point we love to be cuddled up, other times to talk and share or we prefer to have own space and be left alone. Explore how to respect and care for each other as well how to communicate your own needs.