

[subscribe](#) [donate](#) [products](#) [log in](#) [search](#)

**Contact
Quarterly**
dance &
improvisation
journal

a vehicle for moving ideas
since 1975

[home](#)[contact quarterly](#)
dance journal[contact editions](#)
books & dvds[contact improvisation](#)
a dance form—resources[what's new](#)[dance kneepads](#)[Dance Map classifieds](#)[CQ Dance Directory](#)

CQ Contact Improvisation Newsletter

[next](#) [search](#)

Winter/Spring 2015 Vol. 40.1

CILAS: Report on Switzerland's CI Teacher's Meeting

by Johanna Wyss

On Friday night, January 14, 2014, at 6:20 pm, I arrived at the Ton-Sur-Ton studio in **LA-CHAUX-DE-FONDS**, a clockmaker's city high up in the Jura Mountains in the French-speaking part of **SWITZERLAND**. Looking around curiously, I recognize a few people; in fact, most of them are at least familiar to me. It's the beginning of the 10th edition of **CILAS, the Contact Improvisation LehrerInnen Austausch Schweiz—CI Teachers Exchange Switzerland**. It's the first one I have attended, since I'm a new teacher of CI. During the next half hour, other participants arrive. Soon we are 12 CI teachers from the German and French parts of Switzerland, from **GENEVA** to **BASEL** and **BERN** to **ZURICH**.

I expected a much larger number of participants; something more like a festival, with a lot of unknown faces in the circle, but in fact, we all know one another quite well. Some others, also familiar, sent their apologies, as they could not make it. So, the first thing that I learned at CILAS is that the Swiss contact scene is quite close and that I'm already familiar with its exponents.

The first CILAS took place in Zurich right after the 2005 Christmas Jam, because the initiators were not sure if it would attract enough participants if the invitees had to make a journey just for CILAS. Initially, it was planned to take place every nine months, but after four years, CILAS was fixed at the last weekend in January.

Over the years, 21 people have been involved in the organisation team, and the number of participants has increased to an average of 15. Eight different places all over Switzerland have hosted CILAS, as it was always the intent of the organizers to include different regions in Switzerland.

Next year, it's planned to be in **Poschiavo**, which is in a valley at the outermost edge of southeast Switzerland. I am convinced that participants will undergo a journey from afar to participate in CILAS.

It was a very nice weekend, with dances, bodywork, sauna, an Underscore jam, nice food, and a CILAS 10th Birthday Party on Saturday night. We spent many interesting hours working on different topics, such as how to integrate/teach children, fighting games (Kampffessspiele) and how to develop them into CI exercises, how to give complete beginners a good introduction to CI, and exercises to teach and learn about stability and kinesthetic awareness.

Sunday in the early afternoon we shared the leftover food, and after a final bodywork session, the last remaining participants of CILAS 2014 went their separate ways.



[From up left to down right] Johanna Wyss, Maren Sandmann, Monique Kroepfli, Katharina Luessi, Muriel Mollet, Elinor Radeff, Linda Trolese, Janique Faigaux, Dorothee Daester, Tinu Hettich, Alain Chamois at CILAS 2014, the Swiss CI Teachers Meeting, in La-Chaux-de-Fonds, Switzerland, January 2014. photo © Tinu Hettich

[contact improvisation](#)[about CI](#)[CI Newsletter](#)[W/S 2015](#)[S/F 2014](#)[W/S 2014](#)[S/F 2013](#)[W/S 2013](#)[S/F 2012](#)[W/S 2012](#)[S/F 2011](#)

2011
S 2010

CI articles
books & dvds
CI contacts list
CI links

I'm looking forward to the next CILAS in Poschiavo. I hope it will be as inspiring and playful as this year's edition. Thank you all!

Johanna Wyss is a physical actress/dancer with an interest in circus arts and a passion for Argentinian tango.

Johanna Wyss; Switzerland; wyssjo@gmx.ch; www.johannawyss.ch

Leave a Comment

join our mailing list



CQ

Contact Quarterly
P.O. Box 603
Northampton, MA 01061
info@contactquarterly.com
submissions@contactquarterly.com
cqads@contactquarterly.com
ph: 413-586-1181
fax: 413-586-9055

Contact Quarterly is the longest living, independent, artist-made, reader-supported magazine devoted to the dancer's voice in the field of contemporary dance and improvisation.

© 2014 Contact Collaborations, Inc. CC is the 501c3 non-profit parent organization of *Contact Quarterly*, Contact Editions, Videoda, & Performance/Workshop project.



images on banner from CQ covers
circle drawing courtesy George Manupelli
site design by Ajitate; programming by Daniel Lepkoff

[back to top](#)

[home](#)
[subscribe](#)
[products](#)
[donate](#)
[contact us](#)
[advertising](#)
[links](#)
[privacy and refund policies](#)
[webmaster](#)
[site map](#)
[log in](#)