



EAT YOUR HEART - Chateau de Monthelon 2017
Lara Buffard, Catharine Cary, Gur Piepskovitz, Aidan Walsh, Jean-Benoît Mollet, Constant Couteille, Ayin de Sela, Molly Gruyey

Hey all improvisers, instant composers, dancers, musicians, philosophers, pudding makers far and wide ! Come practice and research with us. From the 9th to the 13th of March 2017, we are proposing IIF - a beta festival 0.1 that looks at the artistic practice of **interdisciplinary improvisation**. Those two words are important. Interdisciplinary and improvisation. This bitty festival will feel like performers mingling and playing together, it will feel like serious scientific researchers trying to grasp and record what they are doing and it will feel like a lot of nice people gathering to cook and eat together.

Would you like to participate ?

IIF beta 0.1
International Interdisciplinary Improvisation Festival
Amsterdam, Holland
9 to 13 March 2017

an invitation by :

Benedikte Esperi (SW)
Thomas Johannsen (NL)
Catharine Cary (US/FR)

and

supported by the Carpet Sessions Amsterdam, Genetic Choir Amsterdam, Instant Pudding !,
Dansverk and the Faculty of Fine and Applied Art in Gothenburg, Sweden.



photo : Thomas Johannsen

BACKGROUND

One of the crucial elements of advancing an art form is artistic research. Research and documentation, and the process of doing it, allow the form to open, consider, grow and take pauses to understand. All three of us, and many others around the world that practice

instant composition within one discipline or across many, are interested in growing the knowledge and practice of our art, and increasing its public.

At the moment, our knowledge base is housed on the website of the Carpet Sessions (www.instantcomposition.com), which are the interdisciplinary improvisation research sessions that are happening regularly for the last three years in Amsterdam in the Netherlands. Look at [this post](#) to see an overview of the themes that have been covered in those sessions in the last two years. In the near future, we will move the Knowledge Base to it's own website (currently called improvisation.wiki) to reflect the widening and sharing of this artistic research globally.

Our desire is to render this knowledge base relevant, user-friendly, and global. If it's website is well - structured, innovative and interactive, it will be useful.

WHAT ?

IIIF 0.1 will be held in Amsterdam, the next ones probably in Gothenburg and Avignon, followed by other European cities where connected improvisation artists live and work. This first meeting is meant to better define our and your ambition for a connected international community of improvisers that collects and makes useful the various approaches to improvisation. The intention of this work would be to further connect, inspire and develop pathways between the various communities in Europe and around the world.

WHO ?

One of the great things about today is that there are more and more festivals, workshops, meetings, practice sessions, and movement around interdisciplinary improvisation. Yes ! This is just one more, until the cup runneth over, and suddenly our art form is everywhere, contaminating everything, and making a lot of people inside and outside of it really happy.

FOR THIS very FIRST just unwrapped BETA IIIF, we are proposing 4 "research circle" sessions to people who have expressed to us a specific interest in the process of documenting artistic research in interdisciplinary improvisation, about 8 people, and we are proposing 3 "open circle" interdisciplinary improvisation practice sessions, designed along the lines of the Carpet Sessions in Amsterdam and the MAC #0's (Sharpening Stones) of Instant Pudding! in Paris and Dansverk Sweden. The focus of the "open circle" is practicing instant composition. The focus of the "research circle" is figuring out how to document it. The work done in the open circles will inform the work done in the research circles, and vice versa.

The initiative is started by Benedikte, Catharine and Thomas, but we are very open to include more people into the core group of enablers of IIIF. Come participate if you can,

and even if you cannot, let us know if you would be interested, and on what potential level of engagement. (e.g. being associated as an artist in the research, proposing content and being present during all the festival sessions, carrying the project artistically/organisationally with us, supporting IIIIF 0.1 by providing sleeping place for someone from abroad, just hopping on and off...)

If you are interested in being one of the “scientific artistic researchers”, tell us why [here](#) .
(Catharine) catharine.cary@gmail.com

If you are interesting in coming to practice and contribute to the development of your own interdisciplinary practice, please [click here](#) ! (Thomas) info@instantcomposition.com

We are looking to be able to house all the non-Amsterdammers with Amsterdammers. If you need housing, *or can provide housing*, [click here](#) ! (Thomas) info@instantcomposition.com



Sudden Geography -- Benedikte Esperi, Virginie Houdet, Catharine Cary --Chicago 2016 photo:Jim Kirkoff

Here's who we are :

Benedikte Esperi (SW)

Holds an MFA in Contemporary Performative Arts with practice in dance for screen, physical performance in public space and sound art. She has run the company Dansverk since 2007 which produces solo and ensemble performances. Since 2011, She is also a part time lecturer in dance at The Academy of Music and Drama in Gothenburg.

www.benedikteesper.com

Thomas Johansen (NL)

Performer and performance maker who works on the borders between fine art, theatre, dance and music. Improvisation and open systems of meaning creation form a strong current in all his work. (www.thojoh.com) He is founder and artistic director of the Genetic Choir (www.genetic-choir.org) and created the international platform for Interdisciplinary Instant Composition, with its Amsterdam emanation of the Carpet Sessions. www.instantcomposition.com

Catharine Cary (US/FR)

A visual performative artist known as “la tagueuse élégante”, Catharine Cary is a painter, a dancer and female. She is co-founder of Instant Pudding!, a platform that provokes opportunities for sharpening skills for scenic improvisation across Europe. www.catharine-cary.com
www.instant-pudding.com

WHERE?

Thursday 9 : The Carpet Session is at dansstudio Vredenburgsteeg, Vredenburgsteeg 31-35, Amsterdam.
All other days all sessions (except the brunch) are at: Studio De Eester, C. Van Eesterenlaan 266, Amsterdam. Amsterdam

WHEN ?

9 to 13 March 2017

Thursday 9:	14H - 17H (doors open at 13H30)	“open circle” within the Carpet Session
Friday 10:	10H - 17H	“research circle”
Saturday 11:	10 - 12H30	“research circle”
	14H - 17H (doors open at 13H30)	“open circle”
Sunday 12:	10H - 17H	“research circle” within Genetic Choir
Monday 13:	10H - 12:30	“research circle” evaluation brunch
	14H - 17H (doors open at 13H30)	“open circle”

or
said more clearly :

OPEN CIRCLES

are from 14H to 17 H
on Thursday 9, Saturday 11 and Monday 13
- doors open at 13H30

Hey Amsterdammers, you are welcome to decide to join an open circle even one hour before, COME !

If you want to be part of the “research circle”, please [click here \(catharine.cary@gmail.com\)](mailto:catharine.cary@gmail.com) and tell us why !

HOW? -- DOCUMENTATION

That's the idea of this IIF - it will be however we imagine and test it out - drawings, entries in the web site, texts, songs, videos....

For this IIF beta, Benedikte will be in charge of video documentation that could result in definitions, small instructive moments, or explanations of a technique which sharpens our ability to be present, to notice and to compose in the instant. The target is moving and the work is evolutionary, we may invent new forms of art and of research during these 4 days. If you come, you need to be OK with your image being used. If you like to take video and like to edit, click [here](#). (Benedikte) benedikte.esperi@gmail.com

Otherwise, bring an open mind, a big glass of water, a camera if you can shoot video and like to, an instrument. And a notebook. Wear comfortable clothes.

PARTICIPATION IN THE COSTS

sliding scale of 5 to 10 euros per session.