

JONES Welsh Workshops!

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Acro-Dance – Jones Welsh

Intermediate/Advanced Skill Levels

A modern technique and three-dimensional awareness class incorporating inverted movement, balance, shape, and acrobatics into a fluid use of the body in space and time. Jones draws on his contemporary/modern dance, Capoeira, gymnastic, and diverse athletic backgrounds to approach dance on a visceral and anatomical level, facilitating the body's natural alignment, balance, and expression. Movement exercises and combinations focus on expanding movement potential, environmental awareness, and breaking through fear blockage. The class also includes strengthening, flexibility, partnering, and improvisational components.

Contemporary Athletic Dance – Jones Welsh

Beginning/Intermediate/Advanced Skill Levels

Jones combines elements of Somatic body awareness with fluid movement combinations to warm and tone the body, preparing it for dynamic movements stemming from Modern Dance, Hip Hop, Capoeira, and Gymnastics techniques. Movement patterns are tailored to challenge the skill sets and muscle memory of the individual students and to incorporate elements of line, architecture, timing, and spatial awareness into the dance vocabulary.

DANCING IN THE AIR Playshop – Jones Welsh

Beginning/Intermediate Skill Levels

As a 10-year high-level gymnastics coach, Jones will safely guide the class through basic skill sets of jumping, lifting, and being lifted on various points of contact. This involves learning how to relax mentally in the air, while being physically engaged and maintaining a connection to the floor through the contact of a partner, how to shift weight and balance to roll from one position to another. Then we will explore more advanced concepts of dancing in the air, landing technique, and using fear as a safety indicator.

Full-Bodied Theatrical Improvisation for Actors and Movers – Jones Welsh

Beginning Skill Level

Exploring the skills and many improvisational structures available to actors and performers, dynamic use of the body is integrated to develop characters, indicate style, establish location, and project emotion. Warm up games as well as short and long form performance scores will be learned and practiced, in order to gather an appreciation of *meaning* in movement, and the power of saying Yes!

Contact Improvisation – Jones Welsh

Beginning/Intermediate/Advanced Skill Levels

This class will crash course through safety and the basics of weight sharing and point of contact to start lifting and flying with partners and groups. Also we will incorporate circular and acrobatic movements taken from Aikido and Capoeira to find pathways in and away from the floor while maintaining an acute listening to the other bodies in space. Participants will learn to listen for minute shifts in pressure and follow the dance into “windows of opportunity” and break through fears of inversion and giving weight through unique exercises and effective technique.

Moving With Structures and Props Workshop – Jones Welsh

Beginning/Intermediate Skill Levels

Participants are encouraged and invited to bring their own sets and props to this workshop, which focuses on moving with objects as dance partners, expanding awareness of architecture, and maintaining safety within potential danger. Exercises in choreographic creativity, group collaboration, and play will be used to enhance the individuals’ strength, flexibility, and spatial awareness in an intense and encouraging environment. Workshop will incorporate theatrical elements to teach participants how emotional connection can deepen meaning and metaphor in structure and prop interaction.

Performance Lab:

Intermediate/Advanced Skill Levels

With a movement, somatic, and Contact-based warmup, we will ground the group through ensemble and awareness exercises. Gathering appreciation for compositional elements, architecture, timing, spatial relationship, we will foster a group consciousness. Then we will move into duos, trios, or all together in set scores. Also your own work can be adapted by employing different approaches to choreography, and overlaying scores or intentions to make your performance presence richer and more expressive. The lab is not a skills-based teaching environment, but rather a productive space of expanded awareness in which creative tools are provided to harness your own creativity.

Ensemble Improvisation and Music Collaboration

Facilitated by Jones Welsh and Will Salmon, this workshop will focus on the dialogue created between a musician and dancer. With engaged listening, the participants will explore a lively moment-to-moment interaction between dance and music that is fluid, surprising, and satisfying. Performance techniques of Contact Improvisation and ensemble awareness will be employed, as well as theatrical elements of story, movement quality, and device will form a group consciousness. Participants will work quickly to establish rapport with a professional group of musicians and dancers, then work to score a detailed performance structure that will be presented for the last class.

Diavolo Company Class

L.A.'s renowned touring dance company Diavolo Dance Theatre offers an inside look into their creative process and technique in a movement class taught by company alumni Jones Welsh. Class always includes a rigorous physical warm-up followed by dance phrase work, partnering, acrobatics, yoga, improvisation, catching and flying, and other technique elements that are key to Diavolo's signature movement style that incorporates large set pieces. All skill levels are invited to come, move, and learn more about how Diavolo works, although some modern dance, acrobatics, and gymnastics training is recommended.

Iron Fist – Cloud Feet

Beginning/Intermediate Skill Levels

This workshop/series focuses on transforming the potential danger of falling or slamming into a soft and fluffy descent. As a high-level gymnastics coach for 13 years, Jones will safely guide the class through basic skill sets of jumping, falling, and rolling.

We will incorporate circular and acrobatic movements taken from Aikido and Capoeira to find pathways in and away from the floor while physically listening to the other bodies in space.

By spotting flies and being lifted on various points of contact, participants will learn to listen for minute shifts in pressure and break through fears of inversion and giving weight. This involves learning how to relax mentally in the air, while being physically engaged and maintaining a connection to the floor through the contact of a partner. We will also work on expanding awareness of back-space and architecture.

Jones is also a 5-year veteran of Diavolo Dance Theatre, whose signature movement style incorporates modern dance, acrobatics, and gymnastics on large moving set pieces.

Jones draws on his vast experience in flying, catching, and moving with objects as dance partners, to pass on techniques of softening the body to avoid impact as well as using impact to propel the body.