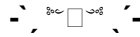


# Burlington International Contact Improv Jam

## September 12th, 13th and 14th 2025



Dear 2025 Burlington Jammers, Welcome et Bienvenue!

We are so happy you will be joining us this coming weekend for the Burlington International Contact Improv Jam. Please take time to read what follows so you can help us create a smooth, enlightening and delicious experience. This event happens with a lot of love and support from all of us. Thank you for making the Burlington Jam so special!!

## Table of Contents

You can use the links below to navigate this document:

- ☐ [Theme](#)
- ☐ [Guest Artists & Schedule](#)
- ☐ [Logistics](#)
- ☐ [Housing & Camping](#)
- ☐ [Community Guidelines](#)
- ☐ [Contact Us](#)

## Theme of the Jam

 Rooted in care. Moved by curiosity. Held with community. 

In this time of compounding division and crisis, we invite you to join together in co-creating a web of mutual care and embodied support. Our goal is to practice deep listening to ourselves and one another by following the threads of sensation and rooting into somatic presence. With this practice, we build trust and move towards collective attunement. As we dance, swirl and play, we grow our capacity to follow the truth of our inner wisdom and lean into transformation.

[Embodying Inclusiveness and Consent Consciousness.pdf](#)

# Guest Artists & Schedule

## GUEST ARTISTS



**Juliette Gomes** is a Cape Verdean and African American dancer, artist, and Earth scientist based in Montreal where they are currently obtaining a Ph.D. in Earth and Planetary Science. Juliette is inspired by the intersection of landscapes of memory, decolonizing the body, and building generative relational practices through movement and connection to the Earth.

As a Contact Improviser, their teaching comes from researching bodies in motion through the poetics of Earth systems and decay. Juliette most recently taught at the Montreal 2025 Summer Arcs Festival and hosted the Earthdance 2024 Falling Leaves Jam.



**Olive Frank** lives in reverence to the gravitational pull that keeps us all on the same Earth. Olive studies Structural Integration, the Axis syllabus, and Contact Improvisation, and enjoys co-creating dances that helps them experience gravity in new and playful ways. They have studied CI in numerous wonderful containers including Spiral and Root at Earthdance, Leviathan in Lasqueti, and Mission Improvable in Buffalo NY. They have been a regular attendee at most CI Jams at Earthdance for the past several years, learning from each dance that they have the opportunity to experience. Olive is currently pursuing a Doctorate in Occupational Therapy at Western New England University.





**Moti (Mark) Zemelman, MFA**, began practicing Contact Improv 34 years ago in 1988. Over the past 26 years he has taught and performed across USA, Canada, Costa Rica, Guatemala, Mexico, Europe and Israel. In 2008-09 he taught as Dance Professor at the Instituto Nacional de Bellas Artes in Mexico City. Moti has been both a teacher and a board member at Earthdance Retreat Center in Plainfield, MA where he also co-directed the annual Touch&Play Festival for six years. He was an original member of Wire Monkey Dance Company (Holyoke, MA) and is a featured dancer in Sanford Lewis' documentary film about CI "An Intimate Dance." As a musician Moti plays vocal-electronic music for Contact Jams and in 2007 released his debut CD, Doorwaves. He also designs and moderates the international Contact Improv resource website [www.contactimprov.com](http://www.contactimprov.com)



**Lalaina** was born in France into a home filled with music and adventure. He was raised by a mother who was a teacher and musician steeped in humanism. She instilled in him her love of adventure, mystery, and the transmission of knowledge, which would determine his career path: He completed a master's degree in musical improvisation with machines and then found himself teaching and performing music on the roads of France and Canada.

His artistic practice, coupled with his love of meditation and philosophy, led him to study the ancestral practices of his people of origin, consisting of deeply communal ritual ceremonies blending music and dance. These led him to learn the arts of movement, in a search for unison between body and mind. Through art and its transmission, he seeks to observe the daily application of Antoine Lavoisier's law: *"nothing is lost, nothing is created, everything is transformed."*

## SCHEDULE

**Burlington International  
Contact Jam 2025**

CONTOIS AUDITORIUM  
BURLINGTON, VT  
SEPT 12-14

### SATURDAY

8:00AM	GROUP FLOOR CLEAN/SETUP
8:30-10:00AM	REGISTRATION
9:00-10:00AM	BREAKFAST
10:15-11:15AM	OPENING CIRCLE
11:30-1:00PM	WARM UP INTO JAM!
1:00-2:00PM	LUNCH AND REGISTRATION
2:15-4:15PM	CLASS W/ OLIVE! SEQUENTIAL BODIES DANCING IN THE UNKNOWN
4:30-6:00PM	URBAN DANCE WALK: CI THROUGH BYT STREETS OR ROUND ROBIN: JAM WITH FOCUS ON WITNESSING AND BEING WITNESSED IN CI DANCE
6:00-8:00PM	DINNER
8:00-9:00PM	OPEN PERFORMANCE! BRING YOUR TALENTS!
9:00-11:30PM	OPEN JAM! LIVE MUSIC BY MOTI & LALAINA

\*MUST BE OUT OF CONTOIS BY 12:00AM\*

### SUNDAY

8:00AM	GROUP FLOOR CLEAN/SETUP
8:30-9:30AM	QI GONG W/ MICHAELA RYAN IN CITY HALL PARK
8:30-10:00AM	REGISTRATION
9:00-10:00AM	BREAKFAST
10:15-10:45AM	UNDERScore TALK THRU (REQUIRED IF NEW TO UNDERScore)
10:45-1:15PM	UNDERScore! (FULL ATTENDANCE IS REQUESTED)
1:00-1:30PM	CLOSING CIRCLE (BEGINS DURING UNDERScore)
1:30-3:00PM	LUNCH AND DEPARTURE
3:00-5:00PM	GROUP CLEAN AND HUGS

\*MUST BE OUT OF CONTOIS BY 5 PM\*

CONTACTIMPROVVERMONT.BLOGSPOT.COM

If you are having trouble viewing this image, you can see a larger version on our blogspot:

<https://contactimprovvermont.blogspot.com/p/burlington-international-contact-jam.html>

## Logistics

**Covid Policy:** We encourage people to test 0-6 hours before arriving at the Jam. If you test positive or are experiencing symptoms, we'll miss you, but to protect your fellow Jammers, please don't come. We're happy to refund money to anyone feeling sick at the time of the Jam. Masking is optional. Please bring a high quality mask (N95 or KN95) to use in case someone tests positive at the Jam.

If you experience symptoms during the Jam, or are unable to test before the Jam, we have limited tests available. And we will also have some masks available.

**Capacity Policy:** Space is limited! Online registration is limited to 120 dancers and will close if we reach this capacity. Walk-ins may be available based on attendance. Please register ahead of time online to secure your spot!

**Location:** In beautiful Contois Auditorium inside City Hall, downtown Burlington.  
149 Church Street, Burlington VT

**Parking:** This Jam is happening in the downtown area, which is currently under a lot of construction. All parking near Contois is metered, and there are parking garages. You can find free on-street parking at least four blocks south or east of City Hall, or you can go north. Make sure that signs don't say residential parking only.

**Food:** We are so happy to provide nourishing food options to support your Dance.

We will provide breakfast & lunch both Saturday and Sunday, as well as evening snacks. We are so excited that People's Kitchen of Burlington will be offering one of the lunches, and Jonathan Davis— also known as Chef and a fellow Burlington CI dancer— will prepare another! All prepared foods will be mostly vegetarian, and we will provide ample vegan, gluten free, and dairy free options. Please include your dietary needs in your registration form so we can plan accordingly! During the Jam, we will do our best to provide all the information you need if you have food sensitivities, but cannot guarantee that meals are prepared in kitchens that do not handle other allergens.

**\*\*Note:** dinners are on your own. Our venue is located close to many beautiful restaurants, and within walking distance of City Market (Onion River) Co-op.

**Bathrooms:** There is one bathroom in Contois Auditorium at the back left corner behind the stage and more bathrooms are on the first floor of the building.

## NO WASTE JAM

Please bring your own:

- Water bottle (no glass please)
- Mug or travel cup for hot beverages (with lid)
- Plate or Bowl or Container with Lid

We will provide metal silverware and a wash station. Please keep your containers with your things so we keep the communal space tidy.

Wash your hands often! Shaking your hands dry will save the trees!

Take only what you think you can eat, you can always go up for seconds. This will reduce the compost.

## Housing & Camping

Our wonderful housing coordinator Isabella is working to connect visiting dancers with local hosts! If you have or would like a home to stay in, reach out to Isabella Lucarelli: 802-349-7531.

Want to camp under the dazzling Vermont stars?



We have also reserved the group camping site at North Beach, which is very close to the Jam venue. More information here: [2025 Camping Welcome Letter](#)  
Reach out to our amazing camping coordinators with any questions:  
Emily Rose: 908-566-6080  
Jon Williamson: 802-522-9438

## **Community Guidelines**

- We are a lot of people! Let's take care of ourselves, each other & the space
- Keep common spaces clear and safe: please store your belongings on the stage inside the main dance space.
- Wash your hands, especially when visiting our food stations! (shake your hands dry.)
- If you need support, or you'd like to be on the support team, Isabella is the point person and can be reached at 802-349-7531
- Have fun!!!

**KIDS:** We are a family friendly Jam, yet we are not offering a kids program at this time. We invite them to be a part of the community with us and to dance with and around us. Have more questions about what this means? Please ask.

**IMPORTANT: SCENT FREE ZONE:** Help us create the most accessible space possible. To support the needs of those that are sensitive, please do not wear perfume, essential oils, cologne, scented face creams, deodorants or scented body hair care products, or, wear clothing containing chemicals such as: dryer sheets, perfumed laundry soap, cologne, perfume, scented deodorant, mothballs, etc. Thank you! Thank you!

—

## **Contact Us ;)**

Questions? Just ask! [Contactimprovvermont@gmail.com](mailto:Contactimprovvermont@gmail.com)

Visit our website:

<https://contactimprovvermont.blogspot.com/p/burlington-international-contact-jam.html>

We look forward to seeing you and dancing with you!! Travel safe, and see you Friday! Or Saturday! Or Sunday!

With gratitude,

The 2025 organizing team,  
Michelle, Isaac, Daniel, Katharine, Addie, Isabelle, Emily Rose, Jon, Shaina, Calvin, and beyond.