

Aaron's guide to Munich's conscious, ecstatic dance, contact improv scenes
(Updated March 2025)

Conscious dance: There are many families of conscious dance (5 Rhythms, Open Floor, Azul, Movement Medicine, etc) and in my experience, they're all somewhat similar, and the energy and musical tastes of the DJ matter more than the particular form of dance.

- [Dance Tribe Munich](#),: conscious dance most Wednesday evenings with about 40-60 people; Azul every other Monday (10-15 people)
- [Freitanzer](#): conscious dance Friday and Saturday evenings, with optional contact improv lesson before the Friday dance.
- [Julianna Becker](#): meditation dances most Sunday mornings with about 15 people.
- [Oliver/Deep dance](#): workshops several times each year and Thursday dances every week.
- Conscious Dance Munich [bulletin board](#)
- [Ya Wali](#) is a dance space that hosts wide range of conscious dance events on Mondays. Some of these are also advertised on the Dance Tribe Munich schedule listed above.

Ecstatic dance: Similar to my comment above about conscious dance, my experience is that there's not always much of a difference between conscious and ecstatic dance, and that the real distinctions depend on the energy and musical tastes of the DJ. In general, my experience is that ecstatic dance has more techno beat at the top of the waves than conscious dance, but not always.

- [Ecstatic Dance Munich](#): dances most Saturday evenings with about 100-120 people
- Rot Fabrik: Ecstatic events including Miracle Monday and Spirit Wave (Sundays). Rot Fabrik has 2 on-line calendars [here](#) and [here](#).
- [Ecstatic Wildness/Wanda Circus](#): this is supposedly a fabulous event but I haven't tried it

Experimental free dance: Most (but not all) of the options below include a bit more contact improv than most (but not all) of the events above.

- [Lachdach Pling](#) holds interesting events including Rumble in the Jungle (some Wednesdays) and Liquid Lumen. The music is often improvisational and dancers are usually welcome to shift back and forth between dancing and playing instruments.
- [Improart](#) hosts a range of dance events including "Contango," which is a mixture of contract improv and Tango.
- Legal ecstasy, schedule [here](#).
- Contact Jam and Advanced Contact Jam at [Freies Musikzentrum](#)
- [Liebe Tanzen Munchen](#): More erotic than the other events. Calender [here](#).
- Playground for Everyday, schedule [here](#).