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**Lagrangian tori and exceptional symplectic spheres in symplectic 4-manifolds**

The goal of my talk is to give an outline of the proof of the following theorem. Let  $(X, \omega)$  be a compact symplectic 4-manifold,  $L \subset X$  a Lagrangian torus, and  $E_0 \subset X$  an exceptional symplectic sphere, i.e., a symplectically embedded sphere of self-intersection  $-1$ . Then there exists an exceptional symplectic sphere  $E$  symplectically isotopic to  $E_0$  which is disjoint from the torus  $L$ . In particular,  $E$  can be symplectically contracted in  $X$ .

The techniques used in the proof are based on the analysis of the symplectic neck stretching of  $X$  along the Lagrangian torus  $L$ , or more precisely a symplectic stretching of the annular layer in a symplectic tubular neighbourhood of  $L$ .