

BALLET

ALICE BERTSCHY started dancing in Geneva at the Académie de danse de Genève and then at Dance Area before attending the English National Ballet School in London. She then worked for three seasons with the Polish National Ballet in Warsaw. Following that she took a break to work as a volunteer with horses. She then came to Basel/Alsace and worked with Maria Guerrero. She also works as a massage therapist, Pilates instructor and freelance dance teacher.

Trying to bring ballet back into a more intuitive sense of movement, the class focuses highly on musicality, body awareness, intentions and emotions. While still training pure advanced ballet technique, through imagery, physical and emotional cues, everyone will be shown how to improve their own experience with their individual aspirations and present physical abilities. Returning to the source: Ballet is dance and dance is expression, so ballet technique too can become a catalyst to lightness, joy and freedom within!

NICOLE MOREL is a Fribourg-based choreographer, dancer and teacher. She trained at the Hamburg Ballet School. She performed in Compañía Nacional de Danza 2 in Madrid, as a soloist dancer with balletmainz and Deutsche Oper am Rhein in Düsseldorf, Germany. Currently she is artistic director and choreographer of Antipode Danse Tanz. She has taught in professional settings at Impasse in Geneva, at Action-Danse's professional trainings and in the context of creations.

Particular attention is paid to the placement and alignment of the body in dialogue with the different dynamics and qualities of movement. The class develops a keen sense of listening in relation to music and space.

AZUSA NISHIMURA is from Hiroshima, Japan. Her repertoire ranges from classical ballet to contemporary dance. She began her professional career in Europe in 2000. Since then she has been living in Zürich and works throughout Switzerland as a dancer, teacher and choreography assistant. Collaborating with artists from other fields as well, she has performed in operas, dance films, theater performances, music videos, commercial events and photo shoots. <http://www.azusa.ch>

Azusa's ballet classes are for everybody, regardless whether they have a background in classic ballet or contemporary dance. She focuses on the individual bodies of the students and believes that each and every one of us is different. Her barre exercises are fairly simple and designed to help students to pay attention to their body and activate their own resources to be able to maximize their potential when we move on to the centre exercises.

ALEXANDER CYR BEZUIJEN completed his dance education in Zurich at the dance academy (TaZ) in 2015. From 2015-2018 he danced in several renowned companies such as Netherlands Dance Theatre, Scapino Ballet Rotterdam, or the State Theatre of Hessen as a soloist dancer, where he worked with choreographers such as Akram Khan, Wayne McGregor and Hofesh Schechter. He now creates his own performances and has collaborated with the university of Darmstadt, the Opera of Wiesbaden, Scapino Ballet, Laura Rae Bernasconi's company, and others. Led by his roots in ancient shamanistic teachings, he feels compelled to share and also organize retreats related to movement, health and spirituality themes. He is very passionate about the vision that life is a dance and therefore keeps delving further into the mechanics of the human body in order to share tools as a personal trainer for anatomical restructuring, energy field alignment and creating coherent life-postures for a healthy life-style. He is the creator of Bloom Infinity and the company manager of ONE MOVEMENT.

Alexander's ballet class is based on deep technicality and a dedication to health. After completing his dance education, he was brought to reconsider the methodology in teaching ballet. He believes that ballet can be performed in a non-injurious way. He searches extremities and balance to create the most beneficial movement quality. Supported with knowledge of the body, energetics, music and arts, he loves to inspire coherent postures to be taken for the efficacy in ballet.

BEATRICE PANERO, dancer, choreographer and teacher. Member of CID, International Dance Council of Unesco. She graduated from the Leon Battista Alberti State Art School in Florence and Codarts in Rotterdam and danced in the Junior Dance Company of Balletto di Toscana. She has participated in numerous dance seminars, including the Gaga Summer Intensive 2014 with the Batsheva Dance Company. She was awarded prizes for her choreographic work at the International Dance Competition of Spoleto and the Solo-Tanz-Theater Choreographic competition of Stuttgart Festival. In 2019 she was a guest choreographer at Ulm Theater in Germany. From 2012 to 2021 she was engaged as a professional dancer in several theaters including the theaters in Görlitz, Osnabrück, Ulm, Trier and the Konzert Theater Bern.

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SHAFIKI SSEGGAYI was born in a small village in Uganda. He learned to play traditional African music and at the age of 15 moved to Kampala where he was exposed to African contemporary dance. This taught him so much about himself and his character - creating in him power, energy and devotion. In Uganda he became a member of several different companies including Mutumizi Dance Company, Keiga Dance Company and Latin Flavor Uganda - where he both performed and choreographed his own pieces. Bringing aspects of himself along with African culture and mentality to anyone interested in the dance world is very important to him. Shafiki later made a splash with his performance in So You Think You Can Dance Netherlands in 2011. He moved there at the time in order to attend the Amsterdam High School of the Arts where he graduated with an Urban Contemporary Dance degree. In 2013 he worked with Ultima Vez under the direction of Wim Vandekeybus and from 2014-2020 he has been a fixed company member with the Johannes Wieland Dance company at Staatstheater Kassel. He is currently dancing with the newly created Tanztheater Ensemble of Staatstheater Kassel under the artistic direction of Thorston Teubl.

His class is a rich and powerful fusion between traditional African dance and Shafiki's own personal contemporary style. His aim is to dig deep into the powerhouse of movement and to uncover the strength within the locomotion of the body as well as making full use of the undulations of the spine. After having established the base-strength, the class progresses into the rhythmical fusion section, readying the dancers for rapid movement - as fast as we can go but also as slowly as we wish to. The class combines elements of floorwork, coreplay, basic acrobatics and rhythmic footwork patterns.

FLAVIEN ESMIEU is a French freelance dancer, performer and choreographer who graduated from the National Conservatoire of Music and Dance of Lyon (France). He started his career with the acclaimed all male dance company Balletboyz in London, spending six years there before returning to France to work with CCN ballet de Lorraine in Nancy for almost two years. He has had the opportunity to work with different inspiring choreographers and to tour worldwide. Flavier also teaches workshops, using release technique, floor work, improvisation and contact. As a result of his career experiences, he is interested in creating movement and choreographic structures in a fusion of organic style with the dynamic interjection of weight and understanding of the floor.

Starting the class with release technique, Flavier concentrates on the center of the body, or core, in order to help release the upper body and distribute weight well on the floor. Floorwork plays a major role in the class. Various floor exercises evolve to all levels, traveling through the space. The class has an organic style with dynamic shifts of weight. Different aspects such as fluidity, articulated movement and strong physicality are focused on in the development of a continuous flow of movement through space to warm up and connect the body.

REBECCA WEINGARTNER studied contemporary dance at Zürcher Tanztheaterschule and at ArtEZ in Arnhem, and physical theatre at AHK in Amsterdam. Her own choreographic works have been presented on stage since 2012, all of which were co-produced with theatre ROXY Birsfelden. In 2021 she was awarded the Culture Prize for Dance by the Canton of Baselland. Her most recent works include performing for Michael Langeneckert's „Moving Orchestra“ as well as creating and performing “Solidarity!” in collaboration with dancer Raul Martinez and musician Nello Novella. In addition to her artistic work as a performer and choreographer, she works as a dance teacher and body therapist in Rolfing®/ Structural Integration. Currently (2022+) she is on tour with “Equality!”, a dance piece she created together with Benjamin Lindh Medin. www.rebeccaweingartner.com

Using principles of release-based floor work, we will move through all levels of the space, from the floor to standing and jumping out of- and back into the floor, with progressively increasing dynamics and complexity. Playing with tonicity, dynamics, suspensions, out of balance, spirals, slides, falls and acrobatic elements, we will explore different movement qualities and textures, while applying images and sensations to the sequences and improvisational tasks.

Further on we'll explore the role that our body's fascia plays in movement and experienced physicality, through the implementation of Rolfing® method principles for maximal gain of elasticity and freedom of movement with minimal effort. In addition to that I encourage a sense of joy in moving as one collective body of individual expression.

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KIRILL BEREZOVSKI received his training 2012-2015 in contemporary dance, choreography and dance pedagogy at the Dance Professional Mannheim. In addition to his studies, he spent time training at the Alvin Ailey School and Broadway Dance Center in New York City and continued in 2016 with a six-month stay with the Kibbutz Contemporary Dance Company in Kibbutz Ga'aton, Israel. As a dancer, he has worked internationally with choreographers, directors, and collectives including Edan Gorlicki, Ashley Wright, Carla Jordao, Christian Burns (BurnsWorks), ZiRu Dance Company (San Francisco), Bay Area Dance Collective (San Francisco), Barish Karademir, Hessisches Staatstheater, Staatstheater Darmstadt, Stadttheater Ingolstadt, Max Levy and MIRA. His own works and choreographic projects, such as "Winterschlaf", "Of Dreams to come" and "till the Sun comes back" have been shown since 2017. His work for the Fullstop Dance Company "My Hungry Heart", which he developed in San Francisco, premiered at ODC Theater San Francisco in March, 2019.

The Urban Contemporary class starts with a dynamic and varied warm up, through which you can activate the specific elements & techniques of the fusion of Urban elements with Contemporary techniques, such as flow, different movement qualities, floorwork, improvisation and musicality. Following the warm-up, the class will move on to movement phrases and combinations that will take us through the floor & space dynamically and with different qualities, while combining floorwork with Urban elements. Kirill's Contemporary background mixed with the urban qualities and grounding results in a unique, natural fusion and an organic movement language that is strongly driven by music and flow.

BEATRICE PANERO, dancer, choreographer and teacher. Member of CID, International Dance Council of Unesco. She graduated from the Leon Battista Alberti State Art School in Florence and Codarts in Rotterdam and danced in the Junior Dance Company of Balletto di Toscana. She has participated in numerous dance seminars, including the Gaga Summer Intensive 2014 with the Batsheva Dance Company. She was awarded prizes for her choreographic work at the International Dance Competition of Spoleto and the Solo-Tanz-Theater Choreographic competition of Stuttgart Festival. In 2019 she was a guest choreographer at Ulm Theater in Germany. From 2012 to 2021 she was engaged as a professional dancer in several theaters including the theaters in Görlitz, Osnabrück, Ulm, Trier and the Konzert Theater Bern. Between 2017 and 2020 she was invited as guest teacher at Alpidanza International Dance Workshop at Lavanderia a Vapore in Collegno, Italy, at the International Solo Dance Festival Ankara and at the Bodrum Modern Dance Festival in Turkey. Since 2020 Beatrice has been collaborating with cellist and composer Lamberto Curtoni for the creation of choreographic duets with live music.

From the beginning, this class is focused on not only the individuality of each dancer but also on the atmosphere and energy of the group. It is a training in which information is constantly exchanged, and the dancers inspire one another. Positioning ourselves in a circle and starting with a warm up inspired by Gyrokinesis Method, we want to connect with ourselves as well as with the space around us in order to become available to connect with others. Maintaining a constant andante rhythm, we'll begin with a series of floorwork exercises, built on different levels: The core will be shifted in different directions until it reaches the floor. The warm up will develop into contemporary technical work with a focus on stamina enhancement and core and muscle strengthening, while keeping the relaxation of the hips. During the second part of the class, we'll continue with improvisation and composition based on viewpoints, directions and intuition.

MICHAEL LANGENECKERT works as a freelance choreographer, teacher and dancer. He lives in Freiburg, Germany and choreographs own work for his label *moving orchestra* in Freiburg. He regularly teaches at SEAD in Salzburg, Marameo and Danceworks in Berlin, BTB Basel, Profitraining Zürich and Basel, K3 Hamburg, HJS Amsterdam, HZT Zürich, Codarts Rotterdam, Bern Theater, Staatstheater Braunschweig and many other places. He was rehearsal director of tanz mainz under the direction of Honne Dohrmann as well as at Staatstheater Kassel under the artistic direction of Johannes Wieland. He has also worked as a freelance choreographer at several city theaters in Germany, Switzerland and Austria. Together with video artist Matthias Heipel, Michael co-directed his company rebound prod in Freiburg (2001-2007) for which he co-created several pieces. As a dancer he has had engagements at theaters in Lucern, St. Gallen, Oldenburg, Kiel, Kaiserslautern and also with Cathy Sharp Dance Ensemble in Basel. As a dancer and rehearsal director he has worked with Sharon Eyal, Guy Nader and Maria Campos, Guy Weizman and Roni Haver, Koen Augustijnen, Gary Stuart, Rui Horta, Johannes Wieland, Linda Kapatanea and Josef Fruzek, Jossy Berg and Martin Stieffermann, Cathy Sharp, Margaret Donlon and many others.

The contemporary class of Michael Langeneckert combines 30 years of his working experience as a professional dancer and teacher. Release technique, bodywork, improvisation and conditioning are its components. Class begins with a detailed warm up to work through all layers of the body and provide a strong basis for floorwork. Movement through the space, in the form of long or shorter phrases, is continually developed in terms of physical intensity and complexity throughout the class. The main goal is to produce a constant flow of movement and connection to beats and sounds. This is a technical contemporary dance training. I goes along with the current tendency of the international dance scene.