

## CONTEMPORARY

**HEIDI WEISS** received her BFA in modern dance from the University of the Arts in 1992. She choreographed and performed with Group Motion, a Philadelphia based Company, from 1992-96. In 1997 she moved to Germany and founded Zen in the Basement Co., with Jennifer Mann. They have created many works together which have been presented in theaters and festivals in the EU and abroad. Heidi has been teaching various modern techniques for many years. Together with Jennifer Mann she has developed the weiss-mann technique\*, which she continues to teach in workshops, festivals, private schools and at universities. Heidi was a professor at Palucca Schule Dresden from 2004-07. She has been a guest artist in residence at Virginia Commonwealth University, in addition she has been a guest at Duncan Conservatory in Prague, London Contemporary (the place) in London, SEAD in Salzburg and at the Danceworx in New Delhi and at the National University of Arts in Seoul, Korea, where she spent a semester as a guest professor. Furthermore, she has given training to many companies such as Sasha Waltz and DV8 and is a regular teacher for Toula Limnaios Company in Berlin. Heidi has taught improvisation and contemporary dance in schools for TANZZEIT for over 10 years. She co leads the GROUP MOTION workshop with Jennifer Mann monthly for the past three years in Berlin. She also gives training for professional dancers at Marameo Berlin, NRW in Düsseldorf and K3 in Hamburg. Heidi is a faculty member of USF Study abroad program Paris, she teaches technique and choreography tools. From 2019-20 Heidi spent a semester as visiting professor at Folkwang University, creating a new work on the students which premiered in the Pina Bausch Theater. She is a regular guest teacher/choreographer at Iwanson International School of Contemporary Dance.

Heidi teaches a structured contemporary technique class (weiss-mann\*) with strong roots in modern dance. The class combines strengthening elements with release-based exercises that emphasise breath and flow. The training begins with a focus on the center through basic yoga poses and continues with moving technical exercises (plies, foot work, floorwork, curves, swings) which allow the body to open, creating length and volume. Directional changes, use of weight, fusion of fluidity and groundedness are all key elements, as well as rhythm and musicality. The class progresses from center to across the floor, followed by a longer combination and jumps. The concepts explored in the warm up are called upon again, challenging dancers to test their edge in the end phase of class. Aside from developing an understanding of the weiss-mann style and building upon one's technical skills, the main goal of the class is to discover the intention behind the movement. In addition, dancers are encouraged to move with authenticity, curiosity and passion!

**SIMON WEHRLI** started out as a musician, attended the Accademia Teatro Dimitri (CH) and studied contemporary dance with Trinity Laban London (UK). He was involved in projects by David Zambrano as well as working with other choreographers. Since 2013 he has been developing his own work together with Jasmina Krizaj. Simon teaches dance and improvisation internationally, works regularly for the Bachelor in Dance of La Manufacture Lausanne (CH) and studied the Feldenkrais Methode®.

Making use of spirals and curves, this class moves up and down and all around. Using short sequences, we work on elements such as spatial perception, expansion and cohesion. The class is influenced by Flying Low & Passing Through (dance techniques developed by David Zambrano), the Feldenkrais Method® and Simon's own ideas. The goal is to stay calm, also in moments of higher intensity, and to enhance awareness of the body, the space and our co-dancers. Eventually the proposed form becomes a vehicle towards more freedom.

**NICOLE MOREL** is a Bern-based choreographer, dancer and teacher. She trained at the Hamburg Ballet School. She performed in Compania 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.

This training is built up to develop the awareness and fine tuning of each dancer, from the inside out. Layers and levels of the body are incorporated for coordinated movement through space. Rhythms and textures are invoked in silence, then in music, in order to build a dance that rises in intensity.

## LAB

**SIMEA CAVELTI** trained in classical ballet and contemporary dance before she obtained a bachelor's degree from the London Contemporary Dance School 'The Place'. Between 2014 and 2017 she was part of various artistic projects in Lebanon, Jordan and Morocco. In Europe she has worked with choreographers such as Joshua Monten, Emanuel Gat, Renate Graziadei, Fabrice Mazliah, Karin Hermes, Marcel Leemann, Declan Whitaker/The Field and also the visual arts/performance directors Omar Ghayatt and Isabel Lewis. Her choreographic works have been performed at Roundhouse and Trip Space in London, Südpol and KKL Lucerne, Tojo Theatre and Dampfzentrale Bern, Fête de la danse and Kunstmuseum Thun, Oltner Tanztage and the French Institute in Tanger, Morocco. She occasionally teaches for children and adults in different schools in Switzerland.

We will be exploring a wide range of physicality through multiple modes of listening. Sensorially, with imagination, acoustically, physically and emotionally we dive into a collective and simultaneously individual journey. Our drive will be the curiosity to discover new possibilities, focusing on embodying precision and virtuosity. We invest in various qualities and textures and include our specific states of being in what we do.

**CONTEMPORARY & BALLET**

**STEFANIE FISCHER** is a dance teacher, assistant and rehearsal director, and is currently studying for a master's degree at the ZHdK, *University of Arts Zürich*, in teaching and coaching professional dancers. She received her diploma in dance from *Tanz Akademie Zürich* in 2006. During her education she won the *Migros Tanz Studien Preis* three years in a row. After graduating, she danced with *Ballet Kiel* in Germany, performed as a freelance dancer in various productions across Europe and co-founded the dance collectives *Bufo Makmal* and the *ConFusionArt Collective*. From 2015 to 2020 she was a solo dancer and training leader at *Tanzkompanie Theater St.Gallen*. As a guest she regularly teaches ballet and contemporary at *Ballett Graz* and at *Profitraining* St. Gallen and Basel. She is currently working as a rehearsal director for *SNOW Productions* in Basel.

Stefanie's contemporary training for professional dancers offers a mixture of working on details with enjoying movement, and is peppered with small challenges. The aim of the class is to strengthen awareness of your body and movement, and to start the day with a warm, supple body. After an extensive warm-up, the lesson builds up to several exercises, from the floor to standing and with an increasing energy curve.

Due to her Vaganova education, Stefanie's ballet class is based on the Russian technique. It is also strongly influenced by her many years of dancing in different places. The class is built with a clear structure and supports the pleasure of moving and dancing. Musicality and challenging combinations are important components in the class. They help to create a playful and positive atmosphere.

**BALLET**

**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 Rotterdam, Laura Rae Bernasconi's company, and others. Led by his roots in ancient shamanistic teachings, he feels compelled to share and also organise 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.

**BENOÎT FAVRE** was born in Switzerland and graduated from Tanzakademie Zürich in 2012. During his studies he won numerous prizes and was a finalist at the Prix de Lausanne. He danced with Ballett Zürich Junior company and then joined the main company. After one year he was promoted to demi-soloist. During his time in Zurich he worked with world-renowned choreographers such as Jiri Kylian, William Forsythe and Marco Goecke amongst many others. In 2017 he joined the Finnish National Ballet in Helsinki and performed many solo roles in classical ballets as well as in neoclassical and contemporary works. Two years later he joined Staatstheater Nürnberg as a soloist and danced Demetrius in Goyo Montero's *Sommernachtstraum* and also had the main role in Montero's *Sacre*. Benoît has also been active as a choreographer throughout his career, winning the gold medal for choreography at Tanzolymp Berlin in 2015. He created pieces for Ballett Zürich, Bayerisches Staatsballett, Stanislavsky Ballett and the junior company of Finnish National Ballet. At the end of 2020 Benoît ended his dance career and continues to share his passion through teaching and choreographing.

Benoît aims to provide professional dancers with a fun, challenging and inspiring class to start their day. The class helps dancers find their balance and be in control of their body, with focus put on sharp technique and flowing upper body movements. The main objectives are: an effective warm up for the whole body, injury prevention, and further improvement of each dancer's technique.

**GENNADI MEDVED** was born in Minsk (Belarus), where he graduated from the State Ballet School. As a soloist he worked at theaters such as the Bolshoi Theater in Minsk, the Polish National Ballet in Warsaw, the Polish Dance Theater in Poznan, the Dresden State Operetta, the Friedrichstadt-Palast Berlin, and the German Show Ballet Berlin. In 2013 Gennadi Medved obtained his teaching degree from the Royal Academy of Dance in Berlin.

Gennadi teaches according to the Vaganova method as well as RAD technique.

**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!

**VALERIA MARANGELLI**, born in Italy, is a performing artist, teacher, and emerging choreographer based in Basel, Switzerland. She received her Bachelor of Dance at Codarts University of the Arts in Rotterdam, graduating with honors. Valeria was a guest artist with Snorkel Rabbit under the direction of Alba Castillo & Bryan Arias, and a soloist dancer at Tanz Luzerner Theater (now known as Tanz Luzern) under the direction of Kathleen McNurney (2017-2021) and Wanda Pugovel (2021-2023). Throughout her career, Valeria has performed in works and original creations by Marcos Morau, Ella Rothschild, Tom Weinberger, Johan Inger, Cayetano Soto, Georg Reischl, Caroline Finn, Jo Strömngren, and Jiří Kylián, amongst others. Valeria's choreographic work Quarantella was a finalist at the Concours Chorégraphique of Malandain Ballet Biarritz in 2020 and a winner of the 26th Internationales Solo Tanz Theater Festival Stuttgart. It was successfully toured throughout Germany and will be soon presented at the Copenhagen International Dance Festival.

Her class prepares the body for the physical demands of rehearsals and performances. The primary focus is on natural alignment, weight shift, breath control, dynamics and spine mobility. These elements are all supported by musicality – the main engine driving the class. The training starts with a warm-up to awaken the feet and spine, and gradually unfolds into larger movements through 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.