

CONTEMPORARY

REBECCA WEINGARTNER is a performer, choreographer, teacher and therapist in Rolwing®/ Structural Integration, based in Basel. She studied contemporary dance at ArtEZ, Arnhem University of Arts as well as physical theatre at AHK, Amsterdam University of Arts. In 2021 she was awarded the Culture Prize for Dance by the Canton of Baselland. Her most recent works include creating and performing *Equality!* and *Solidarity!*, which are touring internationally. Currently she is developing the last piece of her trilogy for young audiences called *Gugus!* which will be premiered in spring 2025 at Roxy Birsfelden. 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 Rolwing® 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.

ANNA HEINIMANN works as a dancer, dance pedagogue and choreographer in the independent scene in Bern, Basel and Berlin. She completed her dance studies at the Dance academy balance 1 in Berlin. She has worked with various choreographers and companies (YET Company in Berlin, Nunzio Impellizzeri, Brigitta Schrepfer and others) and created many short pieces and performances. In 2012 she founded the Bern-based group "Kollektiv F", in collaboration with Luzius Engel. The collective is associated artist of Dampfzentrale Bern during the seasons 17/18 and 18/19. It mainly creates pieces for a young audience. In addition to this, she performs in art houses, music videos and street actions for Amnesty International. She teaches professional trainings in Zürich, Basel and St. Gallen. From 2007 to 2017 Anna taught contemporary dance for children, adolescents and adults at tanzplatz vorbern on a regular basis, as well as having directed numerous dance projects in schools with the company „d'Schwyz tanzt...". Together with Pascale Altenburger, she has been directing a youth company since 2015. They create pieces collectively with the youths and search for an artistic language between contemporary and urban dance.

Reaching physical intensity through working with images is significant in Ana's class. The body's practice happens on a highly energetic level. At the same time, it enriches the vocabulary of the individual dancer. The class is a journey through physical states, including technical exercises. We memorize physical sensations in free sequences and follow this up with fixed material. The result is intensified as choreography. In this way, we use our technique creatively.

JOCHEN HECKMANN is a German dancer, dance teacher, choreographer and author. He has danced in various ensembles and productions in Germany, Austria and Switzerland. He works as a choreographer and training director for numerous international ensembles, opera houses, theatres and festivals. In 1995 he founded his own ensemble LOOPING c.d.c. in Zurich and was ballet director and chief choreographer at the Staatstheater Augsburg from 1999-2007. He has received numerous international awards for his dance work. From 2012-2024 he was artistic director of the Higher Technical School for Contemporary and Urban Stage Dance and of the BA of Urban and Contemporary Dance (in collab with University of Westlondon) in Zurich. Since 2005, he has dedicated himself to literary writing and has published essays, short stories in various anthologies, programme booklets and text collections. He has been awarded the Mannheim Literature Prize (2008) and the Audience Award for Easy Language in Berlin (2022) among others. His debut novel 'tanzen fallen fliegen' was published by Beliner Querverlag in September 2024.

This training is based on the traditional approaches of fall / recovery, contraction / release, release techniques and various floor basics of New Dance, as well as elements of classical training. Focus is put on the aspects of breathing, organicity and economy of movement. There is intensive examination of the topics of dynamics, rhythm and musicality. The lesson builds towards a short choreographic dance sequence which challenges the dancers and provides them with the opportunity for the expression of their individual personalities and qualities.

LAB

ZINA VAESSEN is an artist, performer, teacher, host and advocate of small things. She completed her dance training at TIP in Freiburg im Breisgau. From 2013 to 2018 she was a member of the dance company OFFSPACE in Kassel. Since 2016 she has been developing her own choreographic works in co-production with E-WERK Freiburg (DE) and ROXY Birsfelden (CH). Her choreographic works are inspired by visual arts and experimental film practices. In cooperation with regional actors and the institutions Tanznetz Freiburg, ROXY Birsfelden, Tanzbüro Basel and Pole Sud in Strasbourg she has initiated projects such as the Triangle meeting which promotes x@0exchange and networking among dance professionals in the tri-border region.

Portraying states / Composition as Research

For these three LAB sessions I am interested in portraying different bodily states by tracking that which is impossible to hold on to and making visible that which is invisible - similar to abstract expressionist paintings. Dynamic meditation practices as well as some relaxation technique will serve as a spring board to explore different energetic fields and their textures. Thus, trying to make sense of all the moods and forces which usually drive us. Besides focusing on my current artistic interests and practices, I will share very down to earth compositional tools which I find helpful to structure my research such as overloading, condensing/ dispersing, rhythm and counterpoint, and bring these elements into play.

BALLET

OLIVER DAEHLER was trained as a dancer at the Royal Ballet School in London. He danced with the Royal Ballet London, the Royal Ballet of Flanders in Antwerp and from 1994 to 1999 for the Bern Ballett under the direction of Martin Schläpfer. In the same theater he worked for three years as a ballet master and choreographer. Oliver has created more than 30 choreographies (commissions including the Mecklenburgisches Staatstheater Schwerin, the Stadttheater Bern and the Lucerne Festival). These include full-length ballets as well as site-specific performances. In 2001 he won a scholarship from the Canton of Bern which enabled him to complete a six-month advanced training course in Modern, Contemporary Dance and Ballett in New York (et al. with David Howard, Zvi Gotheiner, Risa Steinberg, Alan Danielson and Steve Paxton). Oliver is a Certified teacher of RAD and completed the NDS Tanzkultur at the University of Bern in 2007. In 2008 he attended Ohad Naharin's Gaga-Intensive course in Tel Aviv. From 2009 to 2011 Oliver worked as a ballet master and choreographer in residence at the Tanz Luzerner Theater. Since the season 2011/2012 he works as a freelance choreographer, dance teacher and coach. <http://danceproductions.ch>

Oliver's ballet class focuses on correct body placement, fluidity in breath and movement qualities as well as musicality. Enjoy dancing with "minimum effort and a maximum result".

MARIA LIBERTAD PEDREIRA was born in Madrid. She began studying dance at the age of 12. After completing her training at the Conservatory of Music and Dance with a diploma in classical ballet, she left Spain to start her career as a classical dancer in various countries. After a long stay in Cuba, Maria Libertad Pedreira returned to Europe. This was followed by engagements in several ballet companies in Spain, France and most recently in Switzerland, namely in Basel. She settled here 20 years ago to continue and end her career as a professional dancer in contemporary dance. With more than 30 years of experience teaching classical and contemporary dance, Maria Libertad Pedreira has also continued her training in areas related to movement and health and has given courses in aerial yoga, fitness dance, jumping fitness and Zumba fitness, among others.

AYAKO NAKANO was born in Japan and began her training at age 5 in Tokyo. During her training she won the Tokyo Ballet Competition as well as the Asia Pacific Ballet Competition. At the 1992 Prix de Lausanne ballet competition, she won the Prix de Lausanne scholarship Prize which took her to the Royal Ballet School in London. In 1994 she became a soloist with the Ballet of Zurich Opera company. She also danced at the Köln Opera, Staatstheater Saarbrücken and Komische Opera Berlin. Since 2001 she has been with the Ballet Theater Basel. During this time she has performed many principle soloist roles, mainly in the works of Richard Wherlock. She also has danced in works by choreographers such as Jiri Kylian, William Forsyth, Mats Ek, Hans Van Manen, Ohad Naharin, Nacho Duato, Jorma Elo, Johan Inger and Alexander Ekman among others. In 2013 she was a coach at the Prix de Lausanne. She has also taken part in many festivals.

Ayako wants you to enjoy dancing to beautiful music, with no pressure. She just wants you to focus on feeling great while doing the body work and get as much as possible out of her class.

BALLET

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.

HELENA SANZ was born in Barcelona. She began her dance studies at Instituto del Teatro and completed them at the Royal Ballet School in London. Her dance career began in Hagen, Germany where she was a soloist. In 1991 she danced at the Bern Theater and a year later she joined the Zürich Opera House Ballet as a soloist under the direction of Bernd Bienert. There she danced, among others, in pieces by Hans van Manen and Mats Ek. She has been teaching dance to children, adults and professionals since twenty years.

Helena's classes focus on musicality, dynamic movement, quality, and artistry. Designed to suit the abilities and needs of each student, her approach encourages a deeper connection to music and expression through dance. Emphasis is placed on developing a sense of rhythm, fluidity, and creative interpretation while maintaining technical precision. Helena's goal is to inspire students to explore their full artistic potential, challenge themselves, and enjoy the process of growth and discovery in their dancing journey.

CHIARA VISCIDO was born in southern Italy and began studying dance at a very young age. She joined the Fondazione Nazionale della danza Aterballetto in 2012 and worked at the Staatstheater am Gaertnerplatz in 2017. Chiara has worked with renowned choreographers and performed around the world. She regularly teaches ballet and contemporary classes for professional dancers and gives workshops in GYROKINESIS, GYROTONIC and yoga with a specific focus on dance.

The class combines strengthening elements with relaxation-based exercises that emphasize breath and flow. We begin by focusing on our centre as we move through different improvisational tasks and exercises from Gyrokinesis, martial arts and yoga. These allow the body to open up and create length and volume. The class progresses from standing to the floor with a guided warm-up. Following this there will be a choreographic combination with which we will play together by deconstructing it.

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.

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.