

Teachers	Description
Alan Fuentes Guerra (MEX) Contemporary	Españolcintuino makes a reference to the idea that we live in a world of constant change. Therefore, as dancers we must be prepared to accept changes and go with them. I like teaching Contemporary dance technique with an emphasis on floor work, with the purpose of applying the sensations harvested from the floor into a vertical standing position. A correct and strong posture is a prerequisite for any work. I am a very social man, an artist who works with people and I believe that the most important thing is to be able to connect with them. I create a joyful atmosphere in my classes by amplifying the range of motion of all the joints, from small to big, combined with a playful way of working on strength and flexibility. The next step is the involvement of the class in acknowledging and directing the breath - which should be connected to movements. In this way, we create a collective atmosphere and the connection between movement throughout class. Improvisation, partnering, social awareness, careful attention paid to each individual's body, as well as to the others, are all necessary elements for every performer. Therefore I put specific emphasis on the awareness of the body and its parts, as well as on the connection between the body and the floor. I have developed my own improvisation tools on the path of self-expression.
Alexander Byt Bezujian (CH) Ballet	Alexander's ballet classes are based on deep technicality and a teaching belief. He believes that completing his dance education, he was brought to reconsider the methodology in ballet education. It helps that ballet can be performed in a non-injurious way. He searches extremes and balance to create the most beneficial movement quality. Supported with knowledge of the body, ergonomics, music and anatomy, he inspires dancers to explore their potential to be fully in the effort-injury ballet.
Contemporary	Alexander's contemporary class is a holistic embodiment practice to support individuals and groups to gain sovereignty in all their multidimensional diversity - taking care of each other, creating community to process and use holistic practices to expand their art. I structure the class in 4 parts: Connection, listening, processing and releasing. This is a practice of reaching up our whole body with all our different backgrounds and contemporary techniques to be greater than the sum of its parts. We consciously take full responsibility of the experience as individuals belonging to the planetary community. We merge the wisdom we bring from dance, yoga, bodywork, meditation, Martial Arts, breathwork, tantra, spirituality, and use these in our journey out from our everyday lives, letting our souls land into us fully, becoming more open and resilient.
Alexander Teutscher (A) Ballet	In his ballet class, Alexander draws on 10 years of experience in a dance studio, including richness of various styles. Musically, he establishes the conceptual and technical elements of the individual dancers. The class is a journey upwards and addressing the important issue of placement, the center part of the class is dedicated to filling the space with movement.
Andrea Boll (CH) Contemporary	Andrea Boll's class focuses on the dancers' relationship with the floor, practices centrifugal and spiraling movements in order to move economically, involves breathing dynamic and the release of energy throughout the body in order to activate the relationship between the center and the joints. There is a focus on the skeletal structure that will help improve physical perception, technical skills and self-expression.
Angela Demattè (I) Contemporary	The class is based on a mix of improvisation and set material to research Push/Pull/At/To tool for connecting and being in contact with the floor. The focus is 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.
Angie Lau (CH) Contemporary	Angie Lau teaches a Counterterrestrial class which strives to increase overall awareness on many levels that operate while dancing and performing. Besides bringing our attention to our thoughts while moving, and looking at anatomical space, this traditional dance form focuses on three-dimensional directionality and uddan dance. Classes generally teaches dance to create a highly dynamic balance. The dancer is thus enabled to execute movements more freely with less force or overall tension. It is a standing-up contemporary class that stretches, co-ordinates and strengthens the body and improves quality while performing. The class will develop and contemporary techniques, as well as to be less concerned with just themselves and to explore how to work and train in a contemporary class.
Anna Heinemann (CH) Contemporary	Reaching physical intensity through working with images is significant in Anna's class. The body's practice happens on a scale of weight bearing, focusing on three-dimensional directionality and uddan dance. Classes generally teaches 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.
Anne Lassoudry (F) Ballet	Anne's lessons are mostly based on the French school (petite barre and technical virtuosity) although she has also been influenced by the Russian and Italian technique (Cecchetti).
Angus Hoole (UK) Ballet	My ballet class follows the usual format with some challenges that I feel will help with self awareness and understanding. It also sometimes takes to use inspiration that I feel will help in preparing for the dancing day, giving insight into what could be better aligned to help in functionality. I look forward to my new class.
Antoni Androulakis (B) Contemporary	Antoni's teaching practice is the result of the different ways he has approached both floor work & acrobatics over the past years. It breaks down the question of "how to use gravity as a movement generator?". Using mainly improvisation, this question will be answered through the exploration of different concepts such as becoming consciously of the use of our own body, using the individual bodies of the student and believes that each and every one of us is different. He uses the needed tension in order to facilitate movement while getting rid of unnecessary rigidity and using the body as a holistic organism to make full-body movements. Acrobatics are integrated as movements rather than as tricks. Anton's classes are designed to be a joyful experience together with all our different backgrounds and contemporary techniques to be therefore a synthesis of things he actively practices: awareness, creativity & playfulness. http://www.antonioandroulakis.com
Arius Fernandez (E) Contemporary	Her main objective is to help dancers to integrate all the parts and use them in one movement (the essence) of each artistic, physical and emotional expression. She focuses on three-dimensional directionality and uddan dance. Classes generally teaches breaking with beliefs of training through its activity. We aspire to reach a synergy of mental and physical preparedness for self-development as dancers, along with the development of creative capacity and maximum expression. We will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Contemporary	In this workshop we are all but working on the foundations of Krump to find a raw form of expression in our dance. We want to eliminate filters in order to release emotions and further movement potential - letting movement and expression be combined with a strong sense of rhythm. We will be focusing on the connection between the body and the floor, the personal style of each dancer. Furthermore, the intro will most specifically focus on floorwork and partnering. We will also learn some choreographic material from On Fra, which combines contemporary dance with Krump.
Ayako Nakano (JP) Ballet/Contemporary	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.
Ayberk Esen (Tur) Contemporary	The training begins with a dynamic warm-up block of traveling through the space. Movement variations in this section are made up of complex and simple exercises, including floor work. Then improvisational tasks will be explored individually, with a partner and as a group. The class is rounded off with choreographed phrases emphasizing qualities of speed, rhythm, flow, and an open-ended ending.
Azusa Nishimura (JF) Ballet	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 student 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.
Beatrice Panero (I) Contemporary	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. Poses and exercises are designed to reach the ceiling with a warm up followed by GYROTONIC Method. We also connect with ourselves as well as with the space around us in order to be able to connect with others. Maintaining a constant andante rhythm, we'll begin with a series of floor work exercises, built on different levels: The core will be stable in different levels of the floor. The work will develop and contemporary techniques, as well as to be less concerned with just themselves and to explore how to work and train in a contemporary class.
Benjamin Lindh Edmér (SWE) Contemporary	The focus of my class is on how to play with tension and circular motion patterns. We begin by becoming familiar with the concepts of tension and release, exploring the connection between the body and the floor, the personal style of each dancer. Continuing on in this track, we explore ways of moving in relation to the floor, with a deepened connection between breath and fluidity. The class aims to be creative, playful and dynamic while having a meditative, conscious approach to everything we do.
Carlos Aller (E) Contemporary	Carlos's classes start with an inner meditation to improve body awareness and deepen the dancer's movements. The classes are progressive, beginning with a warm up and improvisation, and developing into highly complex moves. In these classes you will experience the junction between contemporary and uddan dance. Carlos generally teaches floorwork, acrobatics & repertoire from Franks Dance Company. The classes embody a mixture between the tension of breakdance and the softness of contemporary dancers. They strive to teach the dance to listen and adapt to space and to themselves, which is when you're in your own "flow".
Catherine Habasque (F) Ballet	With a background in the French school of ballet, Catherine's classes are her own interpretation of the various lessons she's learned from her teachers who have inspired her throughout her career.
Cathy Sharp (USA) Ballet	Cathy's ballet classes are based on basic principals of body placement, directing of directions in space and focus in movement.
Charlotta Molean (SWE) Contemporary	Imagination and musicality are core to Charlotta's ballet class. We will explore the weight of the body, spirals in the air, unusual movement patterns and the use of a distended spine.
Chris Lechner (D) Contemporary	Looking at the body as a fluid, changeable, living organism. The class integrates principles and practical techniques as its base. After an initial period of warming up, we will explore torso work, sitting all levels, from floor to lying.
Christina Gehrig Binder (CH) Contemporary	Christina is a freelance dancer, choreographer and teacher who studied dance pedagogy and choreography at the Rotterdam Dance academy. She teaches a contemporary class with elements of Limon, release technique, the European and the American dance technique, improvisation and movement phrases in order to create a joyful atmosphere. The teaching of her class are focused on musicality and movement phrases in order to create a joyful atmosphere. The teaching of her class are focused on musicality and movement phrases in order to create a joyful atmosphere.
Christina Mertzanti (AL) Contemporary	In this class attention is given to two main directions: technique and performance of movement. We start with a warm up and body preparation; through simple exercises we work on mechanisms we have at our disposal in order to approach the floor with safety and speed, to move rapidly with agility and to cover as much space as possible using our full potential. Further on, we will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Clarissa Rocha (BRA) Ballet	Clarissa's ballet class is designed to be a moment of connection with the body, providing an opportunity to use movement to feel the flow of energy that is being used. The class is structured following the basic principles of ballet, but respecting the individuality of each dancer's body.
Claudia Toggweiler (CH) Ballet	In her class, Claudia concentrates on establishing a firm basis to build on. Because of her extensive teaching experience she is able to address the needs of each student. Seeing progress which can be achieved through effective experience often brings joy to all. During Lockstep 2020 Claudia began working intensively with the pianist Mladen Dacic. Through a structured approach, she has developed a new and unique choreography that will be presented publicly. More info here: www.kulturmanagement.ch
Claudine Ulrich (CH) Contemporary	Claudine's class is inspired by release technique and Limon. It starts with floorwork, followed by standing exercises and a dance combination. Concentration on breathing in the first third of the class opens up the body. The reiterated repetition of sequences allows the dancers to orientated about the movement material.
Clea Onori (CH) Gaga	Gaga is the movement language developed by Ohad Naharin throughout many years; parallel to his work as a choreographer and the artistic director of BatSheva Dance Company. Gaga classes are predicated on a deeper listening to the body and to physical sensations. The instructions are open to interpretation and encourage dancers to explore and physically challenging experience. While many instructions are imbued with rich imagery, the research of Gaga is fundamentally physical, insisting on a specific process of embodiment. Inside this shared research, the improvisational nature of the choreography and each participant's delivery are the main focus of the class.
Diane Gomsch (CH) Contemporary	Diane's investigation of dance and life is represented in her classes. She invites dancers to improve their coordination and to work on these skills as well as to explore the connection between the body and the floor, the personal style of each dancer. 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.
Diego de la Rosa (E) Contemporary	Diego de la Rosa's classes are very physical and dynamic. Class begins with improvisation exercises, workouts and games to warm up while bringing awareness to the body. By focusing on different body parts during class, we will be able to isolate movement and gain a better understanding of how to use the body's potential. In movement sequences we will explore different types of movement, including floor work, acrobatics, and contemporary techniques. We will try different approaches and new ways of using the floor. In general, the sequences are inspired by movements from breakdance, various hip-hop techniques, contemporary (especially release) and classical techniques, acrobatics and dance. Diego never fails to add his own style. He utilizes a variety of movement patterns and improvisation. His classes are fun, energetic and challenging. His biggest interest in teaching is to enable dancers to be creative and to be able to add their own personalities by moving emotions and feelings in their movement/research/work.
Dominique Cardillo (B) Contemporary	Dominique teaches an organic contemporary movement class, focusing on technical skills as well as on dancing qualities. Using elements from different styles and techniques, the class develops from floorwork through standing exercises to dance phrases moving through space.
Ballet	Her ballet classes have an organic and dynamic approach, in which clarity and freedom are motivated to dance. The emphasis is on technical skills, as well as on musicality, timing, precision, focus, clarity and freedom in movement.
Elena Morena Weber (CH) Contemporary	The class starts with a soft warm up, simple but precise, with floor sequences on the spot and through the room. Particular attention is given to the ability of the body of being soft and tonic, expanded and compact, intensifying the dynamic movement, we'll then vertically through improvisation tasks or structured movement phrases, working at the same time the endurance and flexibility, perception of the space and the connection between the body and the floor, focusing on dynamics and fluidity of movement. The principles of expansion of the GYROTONIC (plus R)ing system influence my class increasingly. We aim to soften and wake up the body, develop muscular strength and physical condition and effortless. This class will help preparing for the day.
Emma Murray (NZ) Contemporary	Emma's teaching draws on a long and varied background in dance and most recently her own efforts to make work. She will be focusing on the individual bodies of the student 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.
Enrico Pagliarunga (I) Contemporary	The class is structured around technique and work on choreographic material. It starts with a warm-up and standing movements. Alternating between improvisational tasks and movement sequences on the floor and study of musicality, breath and flow, the class focuses on the connection between the body and the floor, the personal style of each dancer. We will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Erol Alexandrov (BG) Contemporary	This class draws upon my studies in yoga, gymnastics and contemporary dance techniques, with an emphasis on the physical structure and the physical conditioning of the body. The elements of the class are designed to support our training for releasing the body's restrictive tensions, for lengthening and strengthening the muscles, as well as for enhancing awareness and freedom of movement, that can be applied to a variety of movement styles. During the class we explore the connection between the body and the floor, the personal style of each dancer. 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.
Evan Schwarz (CH/USA) Ballet	Evan follows the basic classical structure in his ballet class. He also uses visualizations and imagery to help the dancers in mastering difficult movements. He focuses his exercises greatly on musicality and alignment, as well as on natural weight and flow. He includes a circular variety of movement as well as a variety of floorwork exercises and free tactics for approaching movement.
Eve Neeracher (CH) Contemporary	Eve Neeracher's contemporary class starts with floorwork, yoga, bodywork and Release Technique. Focus is put on breath, centering and grounding of the body, alignment of the spine and opening up of the joints. The work is structured with contemporary based centering exercises and Limon-inspired supensions to mobilize the spine and to encourage the dancers to explore the connection between the body and the floor, the personal style of each dancer. 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.
Ballet	Her contemporary ballet class connects the dance-contemporary influence, in relation with body awareness, and her own research and practice. The class is designed to support our training for releasing the body's restrictive tensions, for lengthening and strengthening the muscles, as well as for enhancing awareness and freedom of movement, that can be applied to a variety of movement styles. During the class we explore the connection between the body and the floor, the personal style of each dancer. 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.
Géraldine Duskel (CH) Contemporary	Class is based on basic principles and techniques. We focus on balancing the body. While focusing on ourselves, we enjoy having and creating the space in this dance. Having a solid technique helps us to experiment with movement and with the space. We enjoy the flow of organic movement and the phrases on the music. I'm happy to share my ideas and experiences in teaching and to be part of your journey.
 Hector Plaza & Agnes Sales (E) Contemporary	The class begins with a warm up consisting of games, in which dancers work together in couples, to wake up the reflexes. Movement sequences involving yoga and isometric exercises are also part of the warm up. Following this is a section of choreography, with focus put on technical aspects. Finally, there is further exploration of all material, personally and individually, using use of the tools: space, music, partnering work, taking up a page and a point on as well.
Hella Immler (D) Contemporary	The class begins with a warm up during which body-awareness is emphasized through deep-reaching and dynamic movement. Also, the imagination is stimulated throughout the generation of (internal) lines for the development of greater body awareness and in a deeper understanding of the individual body and its own distinct mobility. Following the warm up, expansive floorwork is practiced, using a strong center and a strong connection to the floor. The class, attention is focused on qualities of movement that include softness, flow, expansiveness, agility, quickness, precision and length strength.
Hoyoung Im (KOR) Contemporary	Hoyoung's class centers on the core of movement inspired by eastern philosophy, along with the movement created through his own research and practice. Warm-up consists of practicing awareness of the relationship between the space and our core. This is followed by a series of movement patterns which help to explore the space. Further on, improvisation is used to explore the connection between the body and the floor, the personal style of each dancer. 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.
Ian Garside (GB) Contemporary	Very physical "visualisation" class (buckets of sweat and sore thighs) dealing with co-ordination, musicality, stamina, posture and breathing. The class focuses on dynamic strength, balance and endurance. It is a deep and intensive practice, designed to support our training for releasing the body's restrictive tensions, for lengthening and strengthening the muscles, as well as for enhancing awareness and freedom of movement, that can be applied to a variety of movement styles. During the class we explore the connection between the body and the floor, the personal style of each dancer. 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.
Isaac Spencer (USA) Ballet	Classical ballet as a formal approach to moving in space is the foundation of this class. Beginning with exercises at the barre, we will build, step by step, coordination, rhythm, musicality, and strength, to allow possibilities to move slowly (adagio), quickly (piet allegro), to turn or revolve on one leg (pique) and to create aerial movements (grand allegro). The focus of the class is on the individual bodies of the student 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.
Ivan Vaher (MEX) Contemporary	The participants will discover or rediscover acrobatic movements and will experiment with combining them with contemporary dance. The class focuses on the individual bodies of the student 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.
Jana Unmüßig (F) Contemporary	Though my choreographic work is rather minimal, we will also move BIG in the studio. Also, we will talk, since I believe that contemporary dancers need a whole set of tools OUT THERE to make it pay the rent, save a food, pay the dog). We will also write to be prepared to have a pen and paper. We will also practice tendus; because I love tendus and we will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Jenna Hilber (CH) Matilda Bilberg (SWE) Contemporary	Matilda and Jenna's class is based on the work of Flying Low and Passing Through, which are both practices developed by David Zambrano. The main concentration-point of the class is Flying Low, which focuses on the ability to move in space with a strong center and a strong connection to the floor. The class, attention is focused on qualities of movement that include softness, flow, expansiveness, agility, quickness, precision and length strength.
Joaquin Crespo (AR) Ballet	Joaquin's class is a classical ballet class based on the Vaganova style. He believes that difficult combinations don't necessarily improve the technique. Instead, the class is organized in very simple exercises in which the musicality and the beauty of the steps are the main goal. This class will help preparing for the day.
Johanna Heusser (CH) Contemporary / breakdance	Class will stretch with a short exploration, a given time to arrive and focus on the new situation. There will be conditioning through stretches and repetitive sequences. A variety of movement principles will be practiced while moving across the floor in either freestyle or various speeds. The technique is based on contemporary dance, capoeira and breakdance. A connection to the music, as well as the space, is important to Johanna. Class will end with a short choreography in which the movement principles explored will be further developed. Finally, as a send sequence inspired by yoga will prepare the dancers to continue their day.
Jonas Furrer (CH) Contemporary	Jonas' contemporary classes focuses on placement and efficient use of the body on the floor as well as standing and travelling. While centering and flow, the class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Jorge Garcia Pérez (E) Ballet	Ballet is an excellent form of exercise and artistic expression. My training encourages precision, agility and fluidity of movement and develops physical conditioning. We will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Contemporary	Contemporary dance encourages dancers to be versatile in their expression and to be able to have a wide range of different movement styles and emotions. My contemporary class focuses on spatial and body awareness, use of body weight, floor work, technique, efficiency of muscle usage, musicality, body alignment and dynamics of movement.
Joshua Montem (USA) Contemporary	Joshua Montem's course focuses on broadening a dancer's palette of energy qualities, and on sharpening the ability to switch efficiently from one quality to another. Special attention is given to developing the expressive potential of the pelvis and spine. www.joshuamontem.com
Ballet	Joshua Montem's ballet class is inspired by a deep engagement with the topic of musicality — which leads in turn to questions of timing, energy quality, coordination, and physical creativity.
Julia Kathriner (CH) Contemporary	This class is dedicated to the memory of dance knowledge. Julia is inspired by the Jean Corbin / Joos-Leeder method. Departing from this historical perspective, we will work with weight, lightness, strength and rhythm. We will explore the space with knowledge and awareness. This class will help preparing for the day.
Ballet	In Julia's ballet class we will shift our focus to a greater anatomical awareness. The ballet class includes a barre, moving in center and floor. We will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Julian Nicolsia (F) Ballet	During his career, Julian has been working with many different types of dances in his classes as he has been approached by everyone regardless of the level. His technique is based on the mechanics of the body. Julian can make you understand a technical step by using natural human movement. This class aims to be aware of the construction of the body, through joyful experience.
Kenan Dinkelmann (D) Contemporary	Kenan draws inspiration from martial arts and yoga for a warm up that has the purpose of tuning the dancers into a clear and subtle state of body and mind. Challenging postures alongside movement flow with circular motions and games are introduced to increase the dancer awareness of their body and to explore the connection between the body and the floor, the personal style of each dancer. 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.
Karolin Stächele (D) Contemporary	Besides technical elements, Karolin's main interest is to make dancers aware of using the weight of the body while playing with the rhythm of movement. Her strong connection to African dances is evident in the way she uses physicality and energy. Her intention is to teach dancing without the use of force. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Kiril Benzovskii (D) urban contemporary	The Urban Contemporary class starts with a dynamic and varied warm up, through which you can activate the specific muscles and techniques used in this style of dance. The elements of the class are designed to support our training for releasing the body's restrictive tensions, for lengthening and strengthening the muscles, as well as for enhancing awareness and freedom of movement, that can be applied to a variety of movement styles. During the class we explore the connection between the body and the floor, the personal style of each dancer. 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.
Laetitia Kohler (CH) Ballet	Laetitia's vision of ballet has been influenced though the years by her practice of contemporary dance. On the one hand, it is about precision, tradition, and lines while on the other hand, it is about releasing, momentum and taking space. An art, it is about connection and being yourself.
Laura Lamy & Tristan Robillard (F) Contemporary	In their <i>Spiral Training</i> class, Laura & Tristan prepare the body to be available, thanks to natural, organic body spirals. The dancers perform spiral movements, starting with the spine and stretching out through all parts of the body. This allows them to discover the connection between the body and the floor, the personal style of each dancer. 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.
Laurent Cavanna (F) Ballet	I teach ballet with influences from the many techniques, disciplines and people I have come across. This means that I try to stay true to the essence of the ballet technique but also, as I often step aside from the traditional vocabulary to add floor work, off balance, loss of frontal presentation, mobility of spine... into my classes. I believe this approach benefits all dancers, whatever their level or pursue a career in contemporary dance.
Lawrence Rigg (GB) Ballet	In Lawrence's class the focus will be on coordination, fluid transitions and musicality. He hopes that the dancers will enjoy themselves and he aims for them to feel warm and energized for the day ahead.
Lillian Stillwell (US) Contemporary	Who is dancing? What are we dancing about? Why dance together? This class will approach these questions through a series of improvisation exercises, exploring the connection between the body and the floor, the personal style of each dancer. 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.
Linda Magnifico (I) Ballet	In her teachings, Linda Magnifico uses elements of different styles with which she became familiar during her career. The lesson focuses on preparing the body for rehearsals or performances. Basics that are important in her class are placement, fluidity, density in movement, change of body weight and direction and movement through space. The class is based on the connection between the body and the floor, the personal style of each dancer. 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.
Lucas Del Rio Estevez (E) Contemporary	The class will start with movements and exercises to connect with the body, and especially also with the floor. The class focuses on the individual bodies of the student 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.
Manel Salas (E) Contemporary	The main focus of the class is a constant adaptation towards - and awareness of one's own body and mind in the present moment and surrounding space. Manel brings knowledge from various backgrounds and techniques into an organic and dynamic dance practice. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Marcella Moreth (CH) Contemporary	FLOW class: organic, flowing and energetic, with equal access to the floor and standing. It emphasizes how to articulate movements, breath and the musical body and how to comfortable and clear standing, stress and tension.
Marcina de Almeida (CH/BF) Contemporary/other styles	Is a dancer, teacher and choreographer - since 2005 she has her own dance school "soulBanda" in Basel. She studied dance at Alvin Ailey Dance School, NY and Civeaux Junior High School in France. In her classes she draws upon her own research and practice. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Marco Di Nardi (I) Contemporary/Urban	The class takes us on a journey through the beauty of floorwork in space, where urban dance meets contemporary dance. The class focuses on the individual bodies of the student 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.
Marco Volta (I) Contemporary	Marco's contemporary class combines floorwork, release and Cunningham techniques in order to activate the energy of organs, joints and muscles. This gathered energy is then released in movement phrases that organically connect the different body layers in space.
Marioenico D'angelo (I) Contemporary	This training aims to offer a complete dance experience and deeper understanding of movement by investigating on both the physical and intellectual levels. My contemporary class starts with a warm up focused on exploring our bodies and the different forces we can use to gently increase our mobility, resistance and control. The exercises are developed and mixing contemporary and ballet techniques. The class will work with some yoga and contemporary dance elements. We will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Marion Sparber (I) Contemporary	Marion teaches a contemporary dance class with emphasis on floorwork. The class starts by opening up channels of awareness. The warm up is focused on passing through channels of the whole body and expanding flexibility and strength. Playfulness in movement is used to connect to the natural flow of breath. With the help of exercises in different constellations - in a group, with a partner and alone - the dancers listen to the weight of their bodies and find their own way to connect with the floor. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Marlijn Joling (NL) and Amy Pender (NO) Contemporary/Partnering work	As inspiration for her class, Marlijn uses the principles of Flying Low technique by David Zambrano as well as Release technique mixed with her personal journey of experience. She likes to establish a collective mind and body inside the class to enhance the group power, giving an energetic push to the individual source of creativity.
Marlijn Joling (NL) and Amy Pender (NO) Contemporary/Partnering work	In this partnering technique class we work our way through different developmental exercises. Sharing weight, trust and timing are our main points of focus. We start off by doing simple exercises focused on getting to know each other physically, structure, and continue by practicing ways to give and receive weight with a partner. Further on we explore different possibilities of how we move together through the floor and into the air. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Melissa Kieffer (D) Contemporary	Embodied Interspection/Physical Intelligence From somatic work and compositional improvisation to experientially structured and clear movement vocabulary, the class encompasses a time of deeper understanding and expansion of our own movement vocabulary, anchoring in our bodies and developing new possibilities of movement. We will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Michael Langeneckert (D) Contemporary	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 to activate the connection between the body and the floor, the personal style of each dancer. 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.
Miriam Gartner (CH) Contemporary	Miriam teaches a dynamic release-based class that integrates elements of martial arts. The focus is on the central core as a locomotive source and the anatomy of energetic pathways in the body. The connection of movement through the flow of energy and the use of weight and momentum is undefined, with an emphasis on developing a grounded, expansive quality while moving. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Muhammad Khatib (CH) Contemporary/Hiphop	Muhammad Khatib works mainly in the styles of hip hop and contemporary. Also in class, it is of great importance for him to teach the dancers to be aware of their own bodies and to discover new ways of moving. He will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical training and Urban Dance.
Miriam Agar (F) Contemporary	Fluid and structured work. A dynamic body engaged in space. A desire to listen to, and be oneself in, others. To one's impulses and qualities at the service of physical movement.
Nadine Freisleben (D) Contemporary	The focus of the dance classes held by Nadine Freisleben is directed towards the natural and instinctive movement repertoire of the individual dancer's body. We research the capabilities of the body and mind to move in a non-regimented space. We work on finding ourselves of physical and psychological automata and judgements. African dance elements greatly influence her teaching and her technique. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Nadine Gerspacher (D) Contemporary	The first part of the class consists of a basic warm-up to raise awareness of breathing, muscle tone and stability, as well as to improve physical strength. Alternating between games, technical exercises and challenging variations, Nadine teaches her students to appreciate the beauty of movement. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Narendra Patel (NI) Low/Contemporary & Flying Low	A combination of Indian classical Kathak dance, folk and contemporary movement vocabulary with a lot of powerful floorwork, body combinations, rhythms and spins. We continue to condition the body through yoga and movement, including body toning and martial arts exercises, which are later incorporated into the movement phrases. We will be practicing with momentum and suspension in dynamic floor routines, combining speed and centrifugal energy. Floor expansion is combined with the use of weight and momentum in order to recover the body and to explore the connection between the body and the floor, the personal style of each dancer. 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.
Nathalie Frossard (CH) Contemporary	Nathalie's contemporary technique is based on the Graham, Cunningham and Limon techniques. Over the years she has developed her own, continually expanding approach. Her present activities are as a Pilates- and soon-to-be Qi Gong instructor have been influencing her dance teaching. The flow of movement is central to her work.
Noemi Di Gregorio (CH/NY) Contemporary	Noemi found her homebase in the Limon technique and she's also been trained in Gaga and Hip Hop. Even other art forms like martial arts and figure skating influence her dancing. Students will enjoy this style as well as their own art forms. They will be encouraged to discover their movement through breath, weight shifts and athletics. Class also includes floorwork and short improvisation parts.
Oliver Daehler (CH) Ballet	Oliver's ballet classes focus on correct body placement, fluidity in breath and movement qualities as well as musicality. Enjoy dance through the joy of movement. This class will help preparing for the day. www.danceproductions.ch
Pamela Morena (E) Ballet	In her classes, Pamela works on the understanding of the body in three dimensional space: using multiple directions in one movement, in order to use less muscular effort. Furthermore, she challenges the dancers to find freedom in the use of their extremities, to take risks and to trust their own body.
Patricia Rotondaro (AR) Contemporary	Her class is based on a floorwork warm-up in which the body is challenged to achieve different movement qualities and musicality. Later on, these concepts will be used in different movement phrases carried out on the floor and upright.
Pau Aran (E) Contemporary	In his pedagogical approach to contemporary dance, Pau Aran works on movement-based conceptual and factors of dance: energy, form, space and rhythm. The class uses a lot of musicality and focuses much on its use. While respecting different needs and circumstances within the group, Pau utilizes and focuses on breathing, repeating, opposing directional forces and various qualities of movement - with a deep focus on gestural intention and gravity/light-to-into and develops the instrumentality.
Petr Nedbal (CZ) Ballet	In the ballet technique class which moves from barre to center, Petr seeks to give short, clear and light exercises so that each dancer is encouraged to be challenged consciously with self-confidence and joy. Main points of focus are posture, body center, spirals, rotation, flow, plasticity, length, articulation and musicality, while enhancing awareness of one's own potential/technical movement.
Contemporary	In the contemporary class we will work towards awakening the body-mind connection, firstly by connecting to the world around ourselves and then by opening upwards and letting the spirit in. Awareness of our own body in relation to space and to others sets us when we move together through the floor and into the air. The class focuses on the connection between the body and the floor, the personal style of each dancer. 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.
Pilar Nevado (E) Ballet	In her ballet classes, Pilar emphasizes musicality and foot work.
Rakesh Sukesh (IN) Contemporary	The class will focus on isolations of different body parts, mobility of feet and co-ordination exercises in combination with speed and power in order to develop medium range movements in terms of space, energy, speed, complexity and unusual movement patterns. The class will be practicing a range of exercises from different disciplines and linking the connection they have with each other. Among all disciplines included, the main ones are: Teamwork, Parkour, Contemporary, Floorwork, Krump, Fight, Manipulation, Character, Physical