

TANZBÜRO BASEL

profitraining_{BASEL}

**SONIA RODRIGUEZ
WORKSHOP
17 & 18 SEPTEMBER 2022**



**SATURDAY 10:00-13:00
SUNDAY 13:00-16:00**

**AT DANCEWORKS
SPALENTORWEG 20
4051 BASEL**

SONIA RODRIGUEZ WORKSHOP

NOTHING TO FEAR AND NOTHING TO DOUBT

Every day we try to enjoy the moment, learning, making our way and gathering experiences. Dancers and movers use the body as a tool to explore movements which communicate and channel experience-related emotions. All external impulses influence our dancing and manifest differently depending on each distinct personality. Movement is bundled knowledge that we want to expand on and share with others. In this workshop I would like to share my choreographic point of view and contribute ideas to reflect on our capabilities and limitations as a performer. I invite dancers and movers who want to experiment and transform well-practiced patterns. It will be a continuous process which will start with a Gyrokinesis® class as a warm up. In the second part we will bring our attention to more complex phrases, combining different energetic qualities and different levels. The first objective is working on our presence without fear. This will allow us to be honest with our feelings and inspiration, as we share information with the group. At some points we will improvise to further explore movement more freely and to discover new facets of our individual working strategies, getting closer to the self - a collection of impressions, feelings, thoughts and physicalities - while expanding our limits.

SONIA RODRIGUEZ is an internationally renowned teacher and choreographer from Gran Canaria who is based in Berlin. Over the past ten years, Sonia has been teaching, choreographing and leading workshops for companies/schools/festivals such as Conservatoire of Portugal, Cia Metros, Lanonima Imperial, Institut del Teatre Barcelona, Norrdans, Scottish Dance Theater, Iwanson School, En-Knap, CMD'H, ICDW Prague, Sasha Waltz, Beijing Dance Festival, Marameo Tanzprobephöhne, Danseu Festival and Profitraining Basel. In 2002 she was awarded the Best Dancer of the Certamen Coreográfico de Madrid, which gave her the chance to participate in the American Dance Festival. Since 2002 she has her own company, Cía. Sonia Rodríguez. Her first solo, *Caos*, was awarded at the 8th International Solo Dance event at Stuttgart and also won the price for best choreography in the Danza Calviá Festival in 2005. Her productions have received state funding and have been supported through artistic residency programs. Her work has been shown in America, Asia and Europe. www.ciasoniarodriguez.net

LOCATION		Danceworks, Spalenterweg 20, 4051 Basel
COSTS	Tanzbüro-members non-Tanzbüro members	CHF 70.- CHF 80.-
REGISTRATION	& more information deadline	simona.kortenhaus@gmail.com 7. September 2022

Please be aware that Profitraining Basel is a non-profit organization, registration is binding.