

TANZBÜRO BASEL

Profitraining Basel – Teachers April 2026

Contemporary
with Sol Bilbao Lucuix & Rebecca Weingartner

Monday 13. / 14. / 15. April 2026

Where: Tanzhaus Basel

Time: 9:30 – 11:00 a.m.

Language: German & English

13. April – Sol Bilbao Lucuix

Adaptable, dynamic and musical

In my contemporary dance classes we work through improvisation, technique, and choreography. Each 90-minute lesson is divided into three 30-minute blocks: a guided improvisation to warm the body and deepen awareness; a technique section based on my own method, influenced by Graham, Cunningham, and Release, exploring high, medium, and floorwork levels; and a choreographic excerpt to refine interpretation, dynamics, and the use of space.

Based in Basel, Sol is a dancer, choreographer and teacher of contemporary dance and classical ballet. She trained in Madrid and holds an MA in Expanded Theatre (HKB, Bern). Active professionally since 2003, she was a soloist with Ballett Theater Basel until 2017 and has been developing her own work in the free-scene of Basel since 2014. In 2023 she founded Cie ever.body, an initiative for dancers 40+ to continue performing on stage. Sol currently collaborates with the Pro UKBB foundation for the project UKBB Tanzt. She is Head of Dance at Swiss Academy in Zurich and Basel. Sol has taught in different schools in Basel and dance companies since 2016.

14. + 15. April – Rebecca Weingartner

soft & sweaty, stamina & fun

Drawing on Rebecca's love of floor work, the class starts with gentle somatic warm-ups and builds progressively into vigorous yet fluid acrobatic dances. Grounded in release technique, we move through all levels of space: sliding into the floor, rising to stand and jump, and exploring increasing dynamism and complexity. By focusing on efficient movement principles, we aim for maximum elasticity and freedom with minimal effort. The class also fosters a collective joy in moving together, creating a supportive environment for individual expression.

Rebecca Weingartner is a freelance dancer and choreographer from Basel. She studied contemporary dance at the Tanztheaterschule Zürich (CH), at ARTEZ Arnhem (NL), and Physical Theatre at the AHK Amsterdam (NL). Alongside her pedagogical work, she has been developing dance pieces since 2015 in association with theatre ROXY Birsfelden, which are successfully touring nationally and internationally. In 2021, Rebecca Weingartner was honored with the Canton of Basel-Landschaft's Culture Prize in the Dance category for her creative work.

LAB 4 Contemporary Profitraining with Emeric Rabot

FULL

Breath, High-intensity, Introspective

when: Mo 20. April + Tue 21. April 2026

time: 9:30–11:30 a.m.

where: ROXY Birsfelden

Language: English

What does it mean to “be ready”?

Traditionally, dancers train at low to moderate intensity yet are expected to perform at high intensity without specific preparation. This gap, confirmed by years of scientific research, contributes to dance being among the most injury-prone professions. FULL addresses this gap by integrating dance science tools, breath awareness, and high-intensity intermittent training. The method encourages reflective observation, builds collective strength, and develops a body–mind prepared for unpredictable demands. FULL invites dancers to cultivate resilience as a group and to enter performance fully aware, strong, and connected.

Let's be FULL

Emeric Rabot is a French multidisciplinary dance artist, educator, and researcher with a MAS in Dance Science and is a member of IADMS (International Association for Dance Medicine & Science). He trained in Ballroom and Breakdance before graduating from P.A.R.T.S. in 2016. He performs currently for Johanna Heusser, Tabea Martin and teaches FULL internationally. Simultaneously, he explores the physical and mental impact of breath in dance as a certified breath instructor for dancers and athletes.

Contemporary with Joseph Simon

Experimental ballet, elements of contemporary, House dance and HipHop Ballet fantasies

Groovy, brainy, fun

when: Mo 27.4. / Tue 28.4. / Wed 29.4.2026

time: 9:30–11:00 a.m.

where: Tanzhaus Basel, Horburgstrasse 103, 4057 Basel

Languages: English

This class is based on a series of propositions for co-embodying the practices and philosophies of ballet, grooving, house dance footwork, and breaking-inspired floorwork. It grows out of Joseph Simon's ongoing choreographic research into Third Culture Spaces, exploring the liminal areas where these dance cultures meet and transform one another. Participants can expect groovy tendus, pirouettes that spiral into the floor, and petit allegros reimagined through the flow and rhythm of house dance.

Joseph Simon (1989, FR) is a freelance dance artist based in Rotterdam, active internationally as a performer, teacher, choreographer, and collaborator. Rooted in breaking, his work explores the intersections of ballet, house, and contemporary dance cultures, seeking dialogue between their distinct techniques and philosophies. In 2014, he graduated from ArtEZ School of Dance (NL) and has since collaborated with Oona Doherty, Jonas Frey, Erik Kaiel, Tu Hoang, Hooman Sharifi, Alida Dors, Jochen Heckmann, Dalton Jansen, and Christina Liakopoyloy. He teaches regularly at Codarts Circus Arts University in Rotterdam and guest lectures at other dance institutions across Europe.

Ballet with Caelyn Jean Knight

Quality - Flow - Pleasure

when: Tue 14.4.26 / Tue 28.4.26 / Tue 2.6.26 / Tue 9.6.26 / Tue 23.6.26

time: Tue 18:00 – 19:30 + Sat 10:45 – 12:15

where: Tuesday - Tanzhaus Basel, Horburgstrasse 103, 4057 Basel

Saturday – Pro Ballet School, Mittlere Str. 48, 4056 Basel

My goal is to bring Freedom and even more pleasure by releasing unnecessary strain. The key is not what you do, it's how you do it.

Caelyn Knight was born in Cape Town, South Africa. She studied dance at the UCT Ballet School and then at the Princess Grace Academy in Monte Carlo. After a brief experience with a youth company (Europadanse), she became a member of the Lyon Opera Ballet. She danced the title roles in 'Giselle' by Mats Ek, in 'Cendrillon' by Maguy Marin and in 'Romeo and Juliet' by Angelin Preljocaj. She has performed in pieces by William Forsythe, Pina Bausch, Jiri Kylián, Mats Ek, Peeping Tom, Ohad Naharin, Marcos Morau, Merce Cunningham, Trisha Brown, Emanuel Gat, Pierre Droulers, Nacho Duato and Lucinda Childs, Angelin Preljocaj, Benjamin Millepied, Johan Inger, Pierre Pontvianne, Sarah Michelson, Odile Duboq, Boris Charmatz, Rachid Ouramdane, Jérôme Bel, Anne Teresa de Keersmaecker, Maguy Marin, Alessandro Sciarroni and Fabrice Mazliah.

Caelyn has been teaching and coaching in companies such as Lyon Opera Ballet and Theater Ballet Basel, and with students of the National Conservatory of Lyon (Conservatoire National Supérieur de Danse).

She started freelancing at the end of 2023. Since then, she has been part of various projects including as a guest dancer at the Theater Basel. Credits Pictures Lyon Opera Ballet

Ballet with Stefanie Pechtl

Spiraling through ballet positions and movements with flow and exactitude

when: Tue 21.4. / Tue 9.6. / Sat 27.6.

time: Tue 18:00 – 19:30 + Sat 10:45 – 12:15

where: Tuesday - Tanzhaus Basel, Horburgstrasse 103, 4057 Basel
Saturday – Pro Ballet School, Mittlere Str. 48, 4056 Basel

Stefanie Pechtl teaches a contemporary ballet training rooted in classical ballet principles, adapted for contemporary dancers. Her classes focus on functional alignment, musicality, and spatial awareness, encouraging self-authorship and somatic clarity. Technique is approached as a living language; precise, embodied, and creatively inhabited.

Stefanie is an Austrian dancer and choreographer. Born in Deutschlandsberg, she grew up in Styria, Bavaria, and Vienna. She received her training in classical and contemporary dance at the Ballet School of the Vienna State Opera and at the Anton Bruckner Private University in Linz, where she obtained a Bachelor of Arts in Movement Studies & Performance (Dance Pedagogy). She has been a member of various dance companies, including the Ballet of the Vienna State Opera and Volksoper, Győri Ballet in Hungary, the dance company at Landestheater Linz, and the ballet company of Staatstheater Nürnberg. From 2019 to 2025, she was an ensemble member of Ballett Theater Basel.

Her artistic work as a dancer and performer has been shaped by collaborations with choreographers and performance and theatre makers such as Mauro Bigonzetti, Jiří Kylián, Richard Wherlock, Alexander Ekman, Johan Inger, Hofesh Shechter, Sharon Eyal, Bobbi Jene Smith, Martin Zimmermann, Fabrice Mazliah, Tim Etchells, Vlatka Horvat, Alia Luque, and Saburo Teshigawara.

Stefanie has created choreographic works for the drama department of Staatstheater Nürnberg, Ballett Theater Basel, and the Kunstmuseum Basel. Following her wide-ranging interests, she studied Romance Studies as well as Cultural and Social Anthropology at the University of Vienna and has also worked as a dance pedagogue.

From March 2022 to February 2026, she is further expanding her expertise in dance education, psychology, sport, and health through the MAS in Dance Science at the University of Bern, and from September 2025 through the MA in Dance, Choreography at ZHdK.

Ballet with Diego Gutiérrez

Musical, Free, Challenging

when: Sa 18.4. / Sa 25.4. / Sa 13.6. /

time: Sat 10:45 – 12:15

where: Pro Ballet School, Mittlere Str. 48, 4056 Basel

Nach 20 Jahren Tätigkeit als professioneller Tänzer habe ich gelernt, wie wichtig eine positive und inspirierende Atmosphäre im Unterricht ist. Zwei zentrale Schwerpunkte meiner Klasse sind die Verbindung von klassischem Ballett mit Qualitäten und Dynamiken des zeitgenössischen Tanzes

sowie das Einswerden mit der Musik. Ich wünsche mir, dass jede Person in Verbindung mit sich selbst tritt und die Freiheit entdeckt, den eigenen Tanz sprechen zu lassen.

Diego Benito Gutiérrez wurde in Madrid, Spanien, geboren. Nach seiner Tanzausbildung am Konservatorium arbeitete er in Kompanien in Spanien, Frankreich und den Niederlanden. 2009 zog er in die Schweiz und war 14 Jahre Solotänzer am Ballett Theater Basel, daneben tätig in der freien Szene. 2016 wirkte er als Contemporary Coach beim *Prix de Lausanne*. Seit 2022 ist er künstlerischer Leiter des Projekts „UKBB Tanz“ am Universitäts-Kinderspital beider Basel. Er besitzt einen MAS in Kulturmanagement der Universität Basel und arbeitet als Geschäftsleiter an der Pro Ballet School.
