

## Profitraining Basel Teachers February 2026

Contemporary with Laja Field  
FloorworkFlow

*wild, spiraling, joy*

when: Mo 2.2. / Tue 3.2. / Wed 4.2.2026

time: 9:00 – 10:00 (EXCEPTION)

where: Tanzhaus Basel, Franck Areal, Horburgstrasse 103, 4057 Basel

language: English

Style: Floorwork

FloorworkFlow is a visceral form of contemporary floorwork based in momentous leveraging of the body. With emphasis on musicality, group-centered awareness and hyper-dynamic phrase work, hone skills that compliment your individual voice of physical expression. Begin by awakening joint mobility and move sensibly into strength building exercises to gain confidence in your floor agility. Launch through space with explosive power and cloud-like landings. Transcend the ‘moves’ and unleash the spirit of moving.

Laja Field is an international dance-theater creator, educator, and performer known for hyperphysical, non-linear storytelling through movement. Her work spans 18 countries worldwide. Originally from Salt Lake City, Utah, she began her professional career with *johannes wieland* at Staatstheater Kassel, Germany and later became a founding member and rehearsal director of Vim Vigor Dance Company. In NYC Laja co-founded LAJAMARTIN physical dance theater with Martin Durov and launched her teaching career at Peridance and Gibney. She has been resident choreographer at Springboard Danse, adjunct professor at NYU | Tisch, a yearly teacher at b12 and continues creating new works globally.

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## Contemporary with Laetitia Kohler

### *floor-work, flow, energy & creativity*

when: 9. + 10. + 11.2.2026

when: 9:30 – 11:00am

where: Tanzhaus Basel, Horburgstrasse 103, 4057 Basel

language: German and English

Floor-Work Contemporary Class: Exploring movement from the ground up: starting with a somatic warm-up to awaken body and mind, and presence, and followed by technical combinations on the floor with the invite to adapt, and own the steps, the class builds in intensity, guiding you through a dynamic journey of strength, fluidity, and creativity.

Laetitia Kohler is a Swiss contemporary dancer, performer, and choreographer based in Basel, originally from the Canton of Jura. She holds a BA in Contemporary Dance from the Zürcher Hochschule der Künste (2017) and was twice awarded the Migros Kulturprozent scholarship. Since 2016, she has worked as a freelance dancer and guest performer with independent companies and state theaters, collaborating with artists such as Anna Vita Mainfranken Theater Würzburg, Snorkel Rabbit Company, Rebekka Gather.

Parallel to her performance career, Laetitia has assisted choreographers, co-directed projects, and founded KoHalition dance a platform for collaborative, interdisciplinary choreographic works. She is currently expanding her practice in dramaturgy and performance through the CAS in Dramaturgy and Text Performance at La Manufacture in Lausanne (2025–2026), while continuing to develop her own artistic projects as both dancer and choreographer.

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## Ballet with Caelyn Jean Knight

### *Quality - Flow - Pleasure*

when: Tue 27.1.26 / Sa 31.1.26 / Tue 3.2.26 / 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 Prejlocaj. 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 Prejlocaj, Benjamin Millepied, Johan Inger, Pierre Pontvianne, Sarah Michelson, Odile Duboq, Boris Charmatz, Rachid Ouramdané, Jérôme Bel, Anne Teresa de Keersmaeker, 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

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## Ballet with Sol Bilbao Lucuix

### *Adaptable, dynamic and musical*

when: Sa 07.02.26

time: 10:45 – 12:15

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

language: English & German

My pedagogical interest lies in the relationship between the body and space, both around us and within us. Through years of experience as a dancer and teacher, I've developed an approach grounded in sensation and personal interpretation. While the ballet tradition often prioritizes form, fixed

stereotypes, and technique, I invite students to expand their boundaries, so they can move and enjoy with agency, and a deeper understanding of motion through the discipline of Ballet. My classes are musical and dynamic.

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.

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### **Ballet with Aline Serrano**

when: Tue 10.2. + Sat 14.2.2026

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

language: English & German

**Information coming soon!**