

## Profitraining Basel Teachers January 2026

**Contemporary with Simon Wehrli  
flying low and beyond**

**pelvis, spiral, 360°**

when: 12. + 13. + 14.1.2026

when: 9:30 – 11:00am

where: Tanzhaus Basel, Horburgstrasse 103, 4057 Basel

language: German and English

In a constant up and down through space, moving in spirals and curves, we focus on our relationship to the floor. Through short sequences, we work on elements such as spatial awareness, expansion, and cohesion. The aim is to remain calm even in moments of higher intensity and to sharpen our awareness of the body, the space, and the other dancers. Ultimately, the proposed approach is meant to become a vehicle for greater freedom in movement and expression. This training is influenced by Flying Low & Passing Through (dance techniques developed by David Zambrano) and Simon's own experiences.

Simon Wehrli began his career as a musician, studied at the Accademia Teatro Dimitri in Verscio (Switzerland), and completed his studies in contemporary dance at Trinity Laban in London (UK). He has toured Europe, the USA, and Africa as part of the theatre group Collettivo Spettatori, the dance improvisation group 50collective, and Sons of Sissy / Simon Mayer. He also works internationally with choreographers (including David Zambrano). Since 2013, he has been creating his own works in various constellations—over recent years increasingly also with young people (including projects at the Zurich Opera House). Simon is a guest lecturer in the Bachelor of Dance program at La Manufacture in Lausanne (Switzerland) and teaches regularly at other institutions.

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## **Contemporary with Anna Virkkunen**

### **Full Body Flow**

#### **spirals, flow, musicality**

when: 19. + 20. + 21.1.2026

when: 9:30 – 11:00am

where: Tanzhaus Basel, Horburgstrasse 103, 4057 Basel

language: German and English

In this practice we will move through the space in all levels with improvised and set material. We will explore the spirals of the body, the momentum of the movement and how dropping and guiding our weight will help us to find the flow in our dancing. In the beginning of the class we will take care of our bodies with strengthening and opening exercises that will also help us to awaken our 360-degree awareness.

Through this practice you will engage and challenge your physicality and movement artistry and you will feel empowered and ready for the day. The aim is to create a supportive and dynamic environment where we can celebrate our bodies, our individuality and our collective expression.

Anna Virkkunen is a Finnish dance artist, performer and a collaborator. Since her graduation from Salzburg Experimental Academy of Dance in 2015, she has been engaged in different productions and ensembles internationally. Her latest collaboration was with Helsinki Dance Company as a guest dancer in two creations. Anna has worked with choreographers such as Adrien Hód, Annamari Keskinen, Ryan Mason, Milla Koistinen, Doris Uhlich and Sebastian Zuber. Anna has shared her dance practice among others in the profitraining Basel and profitraining Helsinki and taught dance in several institutions for different levels. In 2021 Anna graduated as a yoga teacher and has been teaching yoga since then.

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## **LAB Contemporary with Ophelia Young**

### **How We Move / How We Act**

when: Mo 26. + Tue 27.1.2026

time: 9:30 – 11:30am

where: Theater Basel, Allschwilerplatz 22, 4055 Basel – Galerie 7

language: English & German

In this LAB we shall try to stimulate our curiosity for “the basics” — body in space, in time, and in relation to others and energy. I would like us to set an intention to find awareness and pleasure in how we move — individually and collectively — and in how we place movement into space. We will explore how our actions inform and change the reality of the space, and how our decisions and our listening shape what is happening within and around us. We will also reflect on what it takes to reconnect with our individual and unique ways of moving, and how skillfulness can be found not so much in *what* we dance, but in *how* we dance.

In the first part, I invite you to return to the initial pleasure of dancing.

Through a simple, playful warm-up — partly guided, partly self-exploratory — drawing from somatic practices, instant movement, and a touch of Zumba-inspired playfulness, I aim to get you physically ready to dive into the movement exploration.

The second part of the session focuses on *how we move in space*.

Using concepts, intentions and tasks, we investigate the nuances of qualities and textures our body has to offer. From there, we explore how our decisions, our listening, and the placing of actions into space shape the environment and the dance.

**Intensity / endurance:** It's up to you. I encourage us to sweat, to stretch, to explore edges — but every point on the intensity spectrum is welcome.

**Remarks / What to expect:**

- We might use voice
- We will work with repetitive movement
- Improvisation-based exploration of movement
- Active participation and open-ended exploration
- Peer-to-peer dialogue and sharing are possible

This workshop is not specifically set up for a mixed-ability group of professional dancers.

**Ophelia Young (she/her)** is a dancer, performer, and maker who understands the body as an archive, a resonating space, and a political instrument. Born in the 1990s in Harlem, New York, and raised in a small village in Upper Austria near the German border, she was shaped early on by an awareness of cultural complexity, a constant sense of *elsewhereness*, social tensions, and a deep curiosity for in-between states and doubt. For over a decade, she has moved between institutional and independent contexts—ranging from Tanztheater Wuppertal Pina Bausch and Theater Basel to transdisciplinary collectives in Europe and beyond. Her artistic practice weaves together dance, text, sound, biographical research, and socially engaged inquiry. At its center is the individual body—marked by biography, pleasure, taste, social positionality, emotions, and political struggle—and an interest in how these inscriptions can be traced, reimagined, and transformed in moving, both in dance and in society. Young sees dance as a space for reflection and transformation: a meeting point for resistance, vision, vulnerability, empowerment, pleasure and recharge.

*Elsa Artmann, Tanztheater Wuppertal Pina Bausch, Tim Etchells, Jonathan Fredrickson, Vlatka Horvat, Lila Zoé Kraus (L Twills), Fabrice Mazliah, Senga Nengudi, Dimitris Papaioannou, Bobbi Jene Smith, Rihoko Sato, Saburo Teshigawara, Tiran Willemse, a.o.*

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## **Ballet with Fernando Carrion Caballero**

### **Soul Dance**

#### **Colors - Dynamics - Atypical music**

when: Tue 13.1. / Sat 17.1. / Tue 20.1.26

time: Tue 18:00 – 19:30 + Sat 10:45 – 12.15

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

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

My aim in Ballet class is to obtain a result by using visualisation: through using imaginary elements, rather than prioritising only the posture or the form of classical dance. Nowadays, dancers are exposed to different styles, so the purpose is to encompass all their needs in order to make them work with fluidity and awareness of how to use their weight. I also like to insist on putting the right energy in the right place, therefore, allowing them to avoid unnecessary tension. Musicality in class is an essential tool for giving the right nuances and freedom. It helps to give a vast choice of textures and qualities to their movement.

Born in Madrid and based in Blotzheim, France (near Basel), I began my career with Víctor Ullate's Dance Company and later joined the Lyon Opera Ballet. I have worked internationally as a dancer, choreographer, rehearsal director, and teacher, collaborating with leading choreographers and companies across Europe. Since 2012, I have been freelancing, creating choreographic works and teaching contemporary dance and ballet worldwide.

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## **Ballet with Sol Bilbao Lucuix**

#### **Adaptable, dynamic and musical**

when: Sa 24.01. + Sa 07.02.26

time: 10:45 – 12:15

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

language: German & English

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 Caelyn Jean Knights**

### **Quality - Flow – Pleasure**

when: Tue 27.1. + Sa 31.1. + Tue 3.2.2026

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

Saturday – Pro Ballett 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.

After completing training at the Académie Princesse Grace in Monte Carlo, I – Caelyn Jean Knights – went on to dance with a youth company, EuropaDance, before joining Lyon Opera Ballet where I stayed for over 20 years. I was fortunate enough to work with some very talented and interesting artists including the big names of that time.