

CONTEMPORARY

LIVIA KERN is a freelance dancer, dance therapist and dance workshop organiser based in Basel. She has been teaching dance classes regularly since 2017 and has been working with various groups. For her own project she is researching connections between political activism and performance and art and healing. In 2018 she initiated Feminist Performances in the Public Space. In 2020 she co-created the ongoing dance project Public Groove, together with Benjamin Lindh. Various aspects of the Axis Syllabus network attracted her to study it, and since 2021 she is a teacher candidate of the Axis Syllabus.

This dynamic contemporary dance training through all levels of space draws from the pool of the Axis Syllabus. Axis Syllabus is a collective and living information archive and pool of resources filled with tools, tactics and knowledge about the body in movement - an entry point for the continuing improvement of dance practice for dancers. We make use of the theoretical ideas relating to body awareness and explore dynamic manifestations in improvisation, partnering and athletic movement sequences. The movement material stretches from analytical slow motion to repetitive swinging and powerful high dynamics with a touch of acrobatics.

EMERIC RABOT (he/his) was born in France in 1992. He began his contemporary dance education in France at the Bordeaux Conservatory before entering Anne Teresa de Keersmaecker's school in Belgium (P.A.R.T.S.). Upon graduating, he started working as a dancer for Thierry Smits/Cie THOR and collaborated with Irina Lorez & Co, Bollwerk (Downriver Film, #knochen, Schnappschuss), Jenna Hendry (Mmmh?!) and Tabea Martin (Nothing Left, Forever, Goodbye Straciatella). Emeric also collaborated as a movement director with Nelson Reguera for the dance piece "D.E.S.E.O." in Santa Clara, Cuba, and for the theatre piece "The Drunks" by Ivan Viripaev, with director Sara Siré in Brussels. His teaching engagements have spanned various institutions in Belgium, Switzerland, and more recently, Mozambique. In addition to his teaching endeavours, Emeric is currently pursuing a Master's degree in Dance Science at the University of Bern (CH), and is leading Dance for Health's session in the Federal Asylum Centre Zurich. Simultaneously, he channels his creativity into developing improvisation workshops designed to enhance participants' artistic expression and well-being. Emeric thrives as an independent artist and serves as a producer for international dance projects through his association with Danse Sans Frontières.

FULL What does "be ready" mean? How to prepare yourself for an unexpected dance journey? With this in mind, Emeric intends to immerse the participants in a global exploration of the physical and mental body. The class invites the participants to individually and collectively re-think and re-explore how to condition as an open body-mind mover through various movement exercises and tasks, while awakening their energy and playfulness. The class combines principles from *Flying Low & Passing Through*, originally created by David Zambrano, and Emeric's own further development. *Flying-Low* invites the participants to explore and improve their relationship with the ground, utilizing principles of expansion, cohesion and spirals. *Passing Through* is a « social-centric » group composition method, taking the participants on a journey of a higher level of awareness. The participants learn to remain constantly interconnected, moving through space while remaining flexible to compositional possibilities. Altogether, participants deconstruct and recreate a spontaneous network of interconnections. Let's explore how to travel through the whole body and develop a group consciousness together. Let's be FULL!

EVA-MARIA SCHALLER is a dancer, teacher and dance-maker. She trained in classical ballet at the Vienna State Opera, contemporary dance at Codarts in Rotterdam and has just completed her MA in New Performative Practices at the Stockholm University of the Arts. In her dance practice she explores the connection between movement and voice as elements of internalized musicality and spatial choreographic material. Her own choreographic work is strongly engaged in the field of dance heritage / archive / body and has been shown ao. at Tanzquartier and Impulstanz – Vienna International Dance Festival. Since 2016 she teaches Countertechnique and workshops in professional dance training programmes across Europe and recently at the MUK Music and Arts University in Vienna.

The Countertechnique® class is a contemporary dance technique class. It stretches, coordinates and strengthens the body, making the dancer sweat, build stamina and really move. The class starts with a recurring set of exercises, allowing dancers to investigate the Countertechnique® principles in detail. The second half of the class consists of changing components, working towards luscious movement combinations and jumping at the end. The Countertechnique® class results in dancers using less energy, losing their fear of taking risks and gaining speed in changing direction.

LAB

PASCALE UTZ is a dancer, choreographer, yoga facilitator, craniosacral therapist and mother of two children. She received her training at SEAD, Salzburg Experimental Academy of Dance, TISCH, School of Arts New York, at the University of Applied Arts Vienna, at Yogaring and at Kientalerhof, School for Body Therapy. In addition to her artistic and therapeutic activities, she taught dance history and has been involved as a jury member in various committees.

During the LAB days in May we will approach the topic of *interoception*, a neurological process enabling the perception of physical phenomena and states of being. We will practice the *witnessing of our movements* in different ways: witnessing in movement, with words, with touch, with pen and paper and in silence; witnessing the witnesses, etc. Interoception is a tool for exploring the effects that witnessing has on us. The witnesses themselves become producers of their own movement aesthetics.

BALLET

BENOÎT FAVRE was born in Switzerland and graduated from Tanzakademie Zürich. During his studies he won numerous prizes and was a finalist at the Prix de Lausanne. He danced with Ballett Zürich Junior company and then joined the main company. After one year he was promoted to demi-soloist. During his time in Zurich he worked with world-renowned choreographers such as Jiri Kylian, William Forsythe and Marco Goecke. In 2017 he joined the Finnish National Ballet and performed many solo roles in classical ballets as well as in neoclassical and contemporary works. Two years later he joined Staatstheater Nürnberg as a soloist and danced Demetrius in Goyo Montero's *Sommernachtstraum* and also had the main role in Montero's *Sacre*. Benoît has also been active as a choreographer, winning the gold medal for choreography at Tanzolymp Berlin in 2015. He created pieces for Ballett Zürich, Bayerisches Staatsballett, Stanislavsky Ballett and the junior company of Finnish National Ballet. At the end of 2020 Benoît ended his dance career and continues to share his passion through teaching and choreographing.

Benoît aims to provide professional dancers with a fun, challenging and inspiring class to start their day. The class helps dancers find their balance and be in control of their body, with focus put on sharp technique and flowing upper body movements. The main objectives are an effective warm up for the whole body, injury prevention, and further improvement of each dancer's technique.

VALERIA MARANGELLI, (born in Italy, in 1994) is an artist based in Basel, Switzerland. She received her Bachelor of Dance at Codarts University of the Arts in Rotterdam, having graduated with honors. Valeria is currently a guest artist with MZ Atelier - Martin Zimmermann and Snorkel Rabbit - under the direction of Alba Castillo & Bryan Arias. Valeria was a soloist dancer at Luzerner Theater for six years, where she performed in works and original creations by renowned choreographers such as Marcos Morau, Ella Rothschild, Tom Weinberger, Johan Inger, Cayetano Soto, Georg Reischl, Caroline Finn, Jo Stromgren and many others. As a young choreographer, Valeria's signature has been recognized, having been selected as a finalist for the Concours Chorégraphique of Malandain Ballet Biarritz in 2020 and as a winner of the 26th Internationales Solo Tanz Theater Festival Stuttgart in 2022. Valeria is also a guest teacher in different venues across Switzerland and Europe.

The class prepares the body for the physical demands of rehearsals and performances. The primary focus is on natural alignment, weight shift, breath control, dynamics and spine mobility. These elements are all supported by musicality – the main engine driving the class. The training starts with a warm-up to awaken the feet and spine, and gradually unfolds into larger movements through space.

LINDA MAGNIFICO completed her dance education in Italy and received her first engagement with the Croatian National Ballet in Zagreb, where she danced as a soloist from 1988 to 1991. From 1994 to 2003 she was a soloist with the Compagnia Zappalà Danza and assistant to Roberto Zappalà. In 2004 Linda moved to Switzerland. She danced for cie. Anna Huber and at the Lucerne Theatre under the direction of Verena Weiss for three years. In 2007 she founded the company „dysoundbo“ with the composer Sasha Shlain. As a ballet mistress and choreographic assistant, she worked for the Theater St. Gallen and Staatstheater Darmstadt. From 2014 to 2019 she worked as rehearsal director for the dance company Konzert Theater Bern. Since January 2021 she is president of IG Tanz Zentralschweiz, founder and curator of Profitraining & Workshops Zentralschweiz, artistic director of Tanzfest Zentralschweiz and director and coordinator of various other projects. Linda is also active as a guest teacher nationally and internationally.

In her teaching, Linda uses elements of different styles with which she became familiar during her career. The class 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 emphasis is on musicality, clarity and dynamics of movement.

BALLET

STEFANIE FISCHER is a dance teacher, assistant and rehearsal director, and is currently studying for a master's degree at the *ZHdK, University of Arts Zürich*, in teaching and coaching professional dancers. She received her diploma in dance from *Tanz Akademie Zürich* in 2006. During her education she won the *Migros Tanz Studien Preis* three years in a row. After graduating, she danced with *Ballet Kiel* in Germany, performed as a freelance dancer in various productions across Europe and co-founded the dance collectives *Bufo Makmal* and the *ConFusionArt Collective*. From 2015 to 2020 she was a solo dancer and training leader at *Tanzkompanie Theater St.Gallen*. As a guest she regularly teaches ballet and contemporary at *Ballett Graz* and at *Profitraining* St. Gallen and Basel. She is currently working as a rehearsal director for *SNOW Productions* in Basel.

Due to her Vaganova education, Stefanie's ballet class is based on the Russian technique. It is also strongly influenced by her many years of dancing in different places. The class is built with a clear structure and supports the pleasure of moving and dancing. Musicality and challenging combinations are important components in the class. They help to create a playful and positive atmosphere.

ALESSANDRA LA BELLA is an Italian born teacher and choreographer, currently based in Berlin. After graduating at the Hamburg Ballet School, Alessandra has been working as a dancer for companies such as Gauthier Dance//Theaterhaus Stuttgart and Staatstheater Hannover. Her repertoire includes works by Marco Goecke, Ohad Naharin, Sharon Eyal-Gai Behar, Jiri Kylian, Medhi Walerski and many others. As a choreographer her creations are seen and developed in various festivals and residencies, such as Jerusalem International Solo Dance Festival, Residenzzentrum tanz +, LOT Theater Braunschweig. Her short dance film "A quiet thriller" has been invited to several film festivals across the world, and won "Best Director" in the category "Short dance film" and the Vesuvius International Film Festival 2023 (IT). She choreographed for the Mecklenburgisches Staatstheater (Schwerin, Germany) Teatro Bellini, (Naples, Italy) and for the Landesbühnen Sachsen (Radebeul, Germany). She teaches ballet and improvisation in both private and state institutions across Europe.

In my ballet class we will do one thing, and one thing only: MOVE! Through exciting combinations, the aim will be to focus on technique, musicality, foot work and a gorgeous upper body. The secret is to stay curious! This class is suitable for classical and contemporary dancers.

PAULA ALONSO GÓMEZ received her classical dance training at the Real Conservatorio Profesional de Danza in Madrid. She continued her dance education at the Rotterdamse Dansacademie (Codarts), graduating with a Bachelor of Dance in 2007. Paula has been a member of the companies Europa Dance, Bern Ballet, and the Hofesh Shechter Company. Dancing pieces of renowned choreographers. As a freelance dancer, Paula has collaborated with several companies and choreographers like Gallim Dance, Landerer and Company, Fernando Hernando Magadan, Jerome Bel, Simone Forti and Tabea Martin among others. She began giving classes and workshops internationally while dancing with the Hofesh Schechter Company in 2014. In 2016, Paula co-founded the dance festival Dansez Maintenant in Veretz, France. Paula Alonso was rehearsal director and choreographic assistant of TanzLuzern in the season 2021/22.

In my classes I aim to help the participants connect with the pleasure of dancing and just moving. Supported by the music, I guide an improvisation class that will encourage participants to find many qualities that their bodies are able to experience and express, with efficient use of their energy. By taking inspiration from various images, we will explore movement qualities, tempos and intentions through all levels between floor and standing. The class is open-minded and may be enjoyed by dancers with all kinds of backgrounds.