

## **Classical Ballet with Paul Estabrook** **Mon 7.9. - Fri 11.9., 9.30 -11 h**

Spring-boarding from the circularity inherent in all movement, Paul Estabrook has constructed a classical ballet class that encourages the dancer to work in a healthier, more efficient, and more physically aware mode. Using his knowledge of kinesiology, his musicality and his instinctive understanding of movement, he has infused his work with a contemporary insight into how the body functions within a classical framework. The class emphasizes the connective tissue of movement: timing, coordination, and the relationship between line, alignment, and movement. Each body and person is different, and the philosophy of his class reflects this. Each dancer is encouraged to take personal responsibility for their work and the development of their knowledge and artistry.

Paul Estabrook

has created more than 40 works over the past two decades, and is a recognized and admired classical ballet and contemporary/improvisation teacher. He has taught for many companies and schools, including American Ballet Theater, PARTS, Celine Dion - A New Day, Nederlands Dans Theater, The Cullberg Ballet, The Dutch National Ballet, Scapino Rotterdam, Rudra/Béjart, The Cranko School, The Juilliard School, Antwerpen Hogeschool, and The Rotterdamse Dansacademie. His choreography has been commissioned and presented by many of these organizations, including The Juilliard Dance Ensemble, Rudra/Béjart, Danswerkplaats Amsterdam, Ballet Jörgen, Ballet Pacifica, The New Jersey Ballet, Telos/Stuttgart, and The Hartford Ballet among others.

## **Contemporary Dance with Evangelos Poulinas** **Mon 7.9. - Fri 11.9., 11.30 - 13 h**

The class starts with mobilizing and stretching exercises and builds gradually up to floor work leading to very physical and dynamic phrases. We will deal with ways we can organize our body so we can be more efficient, faster and smoother in moving into and out of the floor. We will use the gravity and the floor as dance partners that can support us and allow us to both bring our body out of balance and propel us to high jumps. In the class the participants are encouraged to take risks and explore their physicality, and by using their strengths to challenge their weak points.

Evangelos Poulinas

obtained his diploma at the Athens State School of Dance. After the completion of his studies he participated at the Impulstanz festival in Vienna with a full scholarship by danceWeb europe. In 2007 Evangelos joined as a guest the State Theater of Kassel, where he performed choreographies of Johannes Wieland. Other companies that Evangelos has worked for are: Compagnie Linga in Lausanne, Marcel Leemann Physical Dance Theater in Bern, State Theater of Northern Greece in Thessaloniki. Evangelos has given workshops in Germany, Greece, Switzerland Poland, Italy and Sweden. With his dance company „eleftheri ptosi“ he produced the piece ‚metamorfosis“, which has been performed in Italy, Spain, Germany and Switzerland. From 2012 till 2014 Evangelos was employed by the State Theater of Oldenburg as rehearsal director and trainer. Currently Evangelos is a freelancing choreographer, dancer and dance teacher.



**Composition/Choreography with Ted Stoffer**  
**Mon 7.9. - Sun 13.9., 14 - 17 h**

The workshop introduces 7 basic principles of movement. The understanding of these principles is a useful tool to create personal vocabulary and can be applied for group composition. Through guided improvisation, participants are encouraged to break their habitual movement patterns and to be outside of their comfort zone. The workshop is suitable for all levels and genres of performing artists. Participants will work alone, in pairs and in groups.

Ted Stoffer

is a contemporary dance choreographer/performer/teacher who has created works in a variety of genres touring throughout Europe. Since 2000, he has conducted classes and creative process workshops all over the northern hemisphere. He has mentored professional dancers, choreographers, actors and student directors. The last six years has seen him collaborate repeatedly with the ADK-BW and theater directors such as: Luk Perceval, Arne Sierens and Sandra Strunz. This year he will choreograph GEMETZEL for Thomas Schadt at the Worms Nibelungun Festspiele and Reckless 3 for Sandra Strunz at the Staatsschauspiel Dresden.

**Contemporary Dance / Choreography with Regina van Berkel**  
**Sat 12.9. - Tue 15.9., 10 - 13 h (14.9. and 15.9. til 14h)**

In her workshops, Regina van Berkel reflects the movement idioms of the participants to create a space in which the body can observe, articulate and challenge itself through the choreographer's language of dance by means of Regina's longstanding experience with various improvisational techniques (William Forsythe's, among other). It is an exploration that lets the body unfold in terms of energy, technique, isolation, dynamics, music, and space, in order to experience new ways of one's own movement idioms. Regina always starts her workshop with a physical training to prepare all participants for the work that follows.

Regina van Berkel

has been working as a freelance choreographer and costume designer for 17 years with opportunities to work for numerous international dance companies, including Nederlands Danstheater I, Gulbenkian Ballet, The Göteborg Ballet, ballettmainz, Ballett am Rhein, Cedar Lake Contemporary Ballet in New York, Augsburg Ballet as well as festivals such as the Holland Dance Festival, Steps Festival, Heiner Goebbels Festival, Kunstfest Weimar, NJO Muziek Zomer or Reinbert de Leeuw Festival. She has worked with orchestras, conductors and composers in various productions and enjoys working with musicians on stage. She continues to develop her work as a choreographer with her own visions using the theories and insights she gained through her longtime cooperation with William Forsythe, Saburo Teshigawara and Jan Fabre, among others.



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**Dance for beginners with Eva Baumann, Levent Gürsoy, Daura Hernandez-Garcia  
Mon 7.9. - Sat 12.9., 18 - 19.30 h**

The class is directed at beginners wishing to become acquainted with various facets of contemporary dance or to improve their skills. We will work on a systematic body experience and on an anatomically suitable organisation of the skeleton. Given exercises as well as improvisation tasks will stimulate creativity and set a fun environment in which to learn new forms of dance. In accordance with their movement experience, participants can learn and intensify certain dance sequences.

**Improvisation – Jam with Lisa Thomas and Petra Stransky  
Wed 9.9. and Fri 11.9., 19.30 - 21.30h**

Lisa and Petra invite you to experiment with body, movement and dance. The emphasis lies on an interdisciplinary experiment in the fields of dance, theatre and performance; participants from all genres are welcome. Starting with a warm-up and an introduction into the subject and structure, we will complete the work we created together using dynamic processes of movement and dancing. Everyone with a passion for collaborative exchange and collective movement is welcome.

**Mentoring with Rebecca Egeling, Antje Jetzky, Alexander Joseph, Nina Kurzeja &  
Prof. Verena Weiss  
Tue 8.9. - Fri 11.9. from 17h, Sat 12.9. - Tue 15.9. from 14.30h**

Individual talks in a mentoring format with experts from the Produktionszentrum giving advice on topics ranging from developing a choreography to professional orientation can be booked free via on-site registration.