

CONTEMPORARY & 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 has worked as a rehearsal director for *SNOW Productions* in Basel.

Stefanie's contemporary training for professional dancers offers a mixture of working on details with enjoying movement, and is peppered with small challenges. The aim of the class is to strengthen awareness of your body and movement, and to start the day with a warm, supple body. After an extensive warm-up, the lesson builds up to several exercises, from the floor to standing and with an increasing energy curve.

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.

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.

CONTEMPORARY

CHRISTINA MERTZANI is a choreographer, dancer and teacher. She graduated from Athens State School of Dance in 2004. She choreographs her own work for freefall company which she co-directs with Evangelos Poulinas. Also, she co-directs "one small step" International Contemporary Dance Festival in Urban Environment which takes place in Corfu, Greece. As a performer, Christina has worked with Johannes Wieland, Stella Zannou, Kostandin Mixos, Kat Valastur, Apostolia Papadamaki, Maria Gorgia and Sofia Spyratou as well as having performed choreographies by Wim Vandekeybus, Mark Morris and Martha Graham. During the last 12 years she has been teaching extensively in Europe, leading master classes, workshops and intensives for dancers and companies in theaters, universities and professional studios. Promo video: <https://vimeo.com/230262042>

In this class attention is given to two main directions; technique and performance of movement. We start with a warm up and body preparation: through simple exercises we work on mechanisms we have at our disposal in order to approach the floor with safety and speed, to move rapidly with agility and to cover as much space as possible using our full potential. Further on we continue with a more complicated movement vocabulary, such as working with part of a given choreography, as well as focussing on the intention and ways we present movement to the audience. We take into consideration the differences and at the same time work as a team. Main goal of the class is to open our senses, to communicate through movement with our colleagues and to gain more satisfaction through dancing.

LAB

TYRA WIGG (non-binary pronouns) works with choreography, dance, and performance. They come from Stockholm and have been living in Basel since 2020. In 2023 they obtained a master's degree in Expanded Theatre at Bern University of the Arts, HKB. Tyra's works have been presented in venues and festivals such as Kunsthhaus Baselland, ROXY Birsfelden, Les Urbaines, Kunsthalle Basel, Weld Stockholm, BONE Performance Art Festival, Shedhalle Zürich, Joint Adventures München, Young Urban Performance festival Osnabrück, SITE Sweden, and Zur Wand and Amore in Basel. After their dance diploma in 2013, Tyra has been working as a dancer and performer with Gisèle Vienne, Heiner Goebbels, Shu Lea Cheang, Ernestyna Orlowska, Marina Abramovic, Inga Gerner Nielsen, Alexandra Pirici, Pontus Pettersson, Éva Mag, Marie Jäger, Dorte Olesen, Virpi Pahkinen amongst others. Many of Tyra's performances explore how fusions of artistic and physiotherapeutic practices can reinforce and expand the subjective corporeality of the audience. Tyra is driven by the conviction that only by being in an intimate and curious relationship with one's own physicality, concepts like ecology and queerness can be fully embodied. www.tyrawigg.com

In their LAB-classes, Tyra invites the participants to a collective experimentation with "the overload". We let the escalating information and achievement society inspire us. We surrender to rapid attention shifting. We explore multitasking stuff like everyday actions and dance vocabularies and let ourselves be surprised by the outcome. Bring pen and paper and (if you have) your smartphone.

BALLET

VALERIA MARANGELLI, born in Italy, is a performing artist, teacher, and emerging choreographer based in Basel, Switzerland. She received her Bachelor of Dance at Codarts University of the Arts in Rotterdam, graduating with honors. Valeria was a guest artist with Snorkel Rabbit under the direction of Alba Castillo & Bryan Arias, and a soloist dancer at Tanz Luzerner Theater (now known as Tanz Luzern) under the direction of Kathleen McNurney (2017-2021) and Wanda Pugovel (2021-2023). Throughout her career, Valeria has performed in works and original creations by Marcos Morau, Ella Rothschild, Tom Weinberger, Johan Inger, Cayetano Soto, Georg Reischl, Caroline Finn, Jo Strømgren, and Jiří Kylián, amongst others. Valeria's choreographic work Quarantella was a finalist at the Concours Chorégraphique of Malandain Ballet Biarritz in 2020 and a winner of the 26th Internationales Solo Tanz Theater Festival Stuttgart. It was successfully toured throughout Germany and will be soon presented at the Copenhagen International Dance Festival.

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 was a dancer at the Lucerne Theatre under the direction of Verena Weiss for three years. In 2007 she founded the company „dysoundbo“ together 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 Magnifico uses elements of different styles with which she became familiar during her career. The lesson 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

BENOÎT FAVRE was born in Switzerland and graduated from Tanzakademie Zürich in 2012. 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 amongst many others. In 2017 he joined the Finnish National Ballet in Helsinki 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 throughout his career, 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.

DIEGO BENITO GUTIÉRREZ was born in Madrid, Spain. After completing his dance training at the conservatory there, he worked in dance companies in Spain, France and the Netherlands. In 2009 he moved to Switzerland and danced at Ballett Theater Basel for 14 years, as well as doing various projects in the free scene. In 2016 he was Contemporary Coach at the renowned Prix de Lausanne and since 2022 he is artistic director of the project "UKBB Tanzt" of the Children's Hospital in Basel. He is currently working as an artistic advisor at the Pro Ballet School and doing a Master's degree in cultural management at the University of Basel.

After having worked for 20 years as a professional dancer, I have learned how important it is to have a good time in the studio and finish the class with a good feeling. For me as a teacher, it is essential to continually work on ballet technique and mix it with freedom of movement and dynamics.

LAETITIA KOHLER is a contemporary dancer, choreographer and dance teacher from Delémont, Switzerland. She began her dance education at the Basel Dance Academy with Galina Gladkova-Hoffmann. After graduating from the Zürcher Hochschule der Künste with a BA in contemporary dance, she started dancing with various choreographers and companies including Isabelle Beernaert's company in Belgium, T42 Dance Project, Sagi Gross dance company based in Amsterdam and Mainfranken Theater Würzburg with Anna Vita in Germany. She is currently doing research for her own projects, dancing and teaching in private schools and universities.

Laetitia's vision of ballet has been influenced though the years by her practice of contemporary dance. On the one hand, it is about precision, tradition, and lines while on the other hand, it is about releasing, momentum and taking space. After all, it is about expression and being yourself.

AZUSA NISHIMURA is from Hiroshima, Japan. Her repertoire ranges from classical ballet to contemporary dance. She began her professional career in Europe in 2000. Since then she has been living in Zürich and works throughout Switzerland as a dancer, teacher and choreography assistant. Collaborating with artists from other fields as well, she has performed in operas, dance films, theater performances, music videos, commercial events and photo shoots. <http://www.azusa.ch>

Azusa's ballet classes are for everybody, regardless whether they have a background in classic ballet or contemporary dance. She focuses on the individual bodies of the students and believes that each and every one of us is different. Her barre exercises are fairly simple and designed to help students to pay attention to their body and activate their own resources to be able to maximize their potential when we move on to the centre exercises.