

**CONTEMPORARY**

**MATHILDE GILHET** Born in France, Mathilde danced professionally with the Luzerner Theater, the Ballet Junior de Geneve, FluxFlow Dance Project (USA), Alias Company, Teatro Nacional São Carlos (PT), The French Embassy in Portugal, and Quorum Ballet (PT). She is the Associate Artistic Director of On Board (hers), an all-women dance project based on the testimonies of female immigrants, and an international judge for recognized dance competitions such as Youth American Grand Prix and Dance World Cup. As a movement instructor, Mathilde has been working as the Head of the Contemporary Dance Program at FLUX + FLOW Dance and Movement Center in Columbus (USA), she was a full time faculty member for Arts Umbrella in Vancouver (CA) and she is now a guest instructor for professional dance companies and pre-professional dance programs. In 2020 Mathilde founded the WE Program, an international self-sustainable platform dedicated to movement lovers, offering low-cost education opportunities and supporting the development of artistic projects. Recently, Mathilde choreographed "GOAL", a dance film produced by Jacob Jonas The Company (US).

Drawing inspirations from diverse movement practices such as martial arts, breakdance and animal locomotions, this workshop is emphasizing on Contemporary Dance technique build-up with a strong focus on floor work. The warm up will prepare the mover physically and mentally before their practice and execution. Based on cardio combinations alongside movement flow with circular motions and spirals, this warm up will provide a better awareness of the whole body. The second part of the class focuses on a series of body locomotion used as a tool to explore the mechanics and coordinations of our own anatomy. Studying organic movement, with different qualities and dynamics such as balancing, swinging, stabilizing, rolling, falling, and melting down will aim to find smooth transitions to and from the floor. Gradually increasing in complexity with longer sequences, the last part of this workshop will help developing individuals' approach to moving and performing confidently. The work aims to be accessible to a wide variety of movement backgrounds and disciplines, including dancers, circus artists, fighters and attempts to give beginners and more advanced practitioners access to this practice. All phrases and exercises delivered have a variety of alternate movements for different levels and individuals abilities.

**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.

Her contemporary class aims to warm up the joints and improve articulation. At the beginning, focus is put on the present moment. Twists, spirals, circles and strength exercises to activate the spine are gradually incorporated. Then relationships with others and the space are explored through playful tasks that increase in intensity. The second part of the class includes different improvisational tasks that encourage the dancers to explore their unique artistry while breaking out of their comfort zone. To finish, there will be a combination across the floor that focuses on dynamics, density, use of floor and space.

**JONAS KOFI K. ONNY** was born in Germany. He spent his early years in Ghana, where he made first experiences with African dances and drumming. Back in Germany and after extensive training in various styles of hip hop, acrobatics, jazz dance and classical ballet, he studied contemporary dance at the Folkwang University of the Arts, from where he graduated in 2014. His artistic range reaches from contemporary street shows and dance pieces with various companies to musical and opera productions at theatres in Germany, Benelux and Switzerland. Jonas is also a member of the Ferus Animi // Terra Nova Collective, a group of cross disciplinary craftspersons researching in the fields of human physiology and performance, through both an artistic and scientific lens.

The Body Riddim Practice is an energetic mixture of movements and rhythms derived from African dances combined with contemporary floorwork, acrobatic elements and games which seek to challenge one's sense of rhythm, coordination and mobility. Playing with different dynamics, finding joy in exploring patterns of movement and rhythm, raising awareness of the body and space -within and around - in an environment where participants can learn useful things from themselves and others that can be applied in their lives and practices, is the aim of this class.

## LAB

**JEREMY ELLIOT NEDD** Brooklyn, New York born and Basel, Switzerland based is a dancer / performer, choreographer / director. He has had engagements at the Semperoper in Dresden (2010-2012) and Ballett Basel (2012-2016). Most recently he has realized and presented productions in collaboration with Impilo Mapantsula of Johannesburg in theaters and festivals across Africa, Europe and South America. He is a recipient of a 2023 Swiss Performing Art Award.

A core principle in my practice has been to think with and through the vocabulary of movement languages that tend to fall outside of institutionally maintained definitions of validity and virtuosity. Thinking compositionally, while bearing this principle in mind, over our three days together we will unpack some of the questions that have guided my last projects, and the politics of the movement languages that I employ to construct my works. Focusing on my last piece "from rock to rock... aka how magnolia was taken for granite" as a "case study" we will explore the Milly Rock - a dance move tethered to a hiphop song of the same name by an artist named 2 Milly. Together we'll oscillate between a condensed but rigorous physical research of the Milly Rock (and perhaps other social/ viral dance moves :-)) and discussing an entangled line of ethical, epistemological, pedagogical and philosophical questions that will accompany and inform our time together.

## BALLET

**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.

**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 Tanz!" 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.

**GENNADI MEDVED** was born in Minsk (Belarus), where he graduated from the State Ballet School. As a soloist he worked at theaters such as the Bolshoi Theater in Minsk, the Polish National Ballet in Warsaw, the Polish Dance Theater in Poznan, the Dresden State Operetta, the Friedrichstadt-Palast Berlin, and the German Show Ballet Berlin. In 2013 Gennadi Medved obtained his teaching degree from the Royal Academy of Dance in Berlin.

Gennadi teaches according to the Vaganova method as well as RAD technique.

**BALLET**

**ALICE BERTSCHY** started dancing in Geneva at the Académie de danse de Genève and then at Dance Area before attending the English National Ballet School in London. She then worked for three seasons with the Polish National Ballet in Warsaw. Following that she took a break to work as a volunteer with horses. She then came to Basel/Alsace and worked with Maria Guerrero. She also works as a massage therapist, Pilates instructor and freelance dance teacher.

Trying to bring ballet back into a more intuitive sense of movement, the class focuses highly on musicality, body awareness, intentions and emotions. While still training pure advanced ballet technique, through imagery, physical and emotional cues, everyone will be shown how to improve their own experience with their individual aspirations and present physical abilities. Returning to the source: Ballet is dance and dance is expression, so ballet technique too can become a catalyst to lightness, joy and freedom within!

**ALEXANDER CYR BEZUIJEN** completed his dance education in Zurich at the dance academy (TaZ) in 2015. From 2015-2018 he danced in several renowned companies such as Netherlands Dance Theatre, Scapino Ballet Rotterdam, or the State Theatre of Hessen as a soloist dancer, where he worked with choreographers such as Akram Khan, Wayne McGregor and Hofesh Schechter. He now creates his own performances and has collaborated with the university of Darmstadt, the Opera of Wiesbaden, Scapino Ballet Rotterdam, Laura Rae Bernasconi's company, and others. Led by his roots in ancient shamanistic teachings, he feels compelled to share and also organise retreats related to movement, health and spirituality themes. He is very passionate about the vision that life is a dance and therefore keeps delving further into the mechanics of the human body in order to share tools as a personal trainer for anatomical restructuring, energy field alignment and creating coherent life-postures for a healthy life-style. He is the creator of Bloom Infinity and the company manager of ONE MOVEMENT.

Alexander's ballet class is based on deep technicality and a dedication to health. After completing his dance education, he was brought to reconsider the methodology in teaching ballet. He believes that ballet can be performed in a non-injurious way. He searches extremities and balance to create the most beneficial movement quality. Supported with knowledge of the body, energetics, music and arts, he loves to inspire coherent postures to be taken for the efficacy in ballet.

**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.

**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.

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.