

PT BASEL contemporary

KEYWORDS

Sarah Butler, Nov 3-5

40% guided improvisation
35% workshopping choreographed material
15% somatic exploration
10% technical exercises
100% embodying imagination

Rebecca Weingartner, Nov 10-12

10% body work
20% exploration
30% floor work
40% phrases
100% fun

Oluwabukunmi Olukitibi, Nov 17-19

MONDAY - ÈÉMI: The Body as Archive

Somatic intelligence + internal technique training

- 30% breath & neurosensory activation (body readiness)
- 25% guided improvisation for proprioception & memory recall
- 20% controlled floor pathway work (weight, gravity, spirals)
- 15% muscular release, joint mobility & fluidity training
- 10% integration/reset (nervous system regulation)

TUESDAY - BÀTÁ: Traditional Nigerian Dance Technique

Rhythmic grounding + footwork discipline

- 35% complex rhythmic footwork & musicality precision
- 25% lower body strength / grounded power dynamics
- 20% torso + pelvic isolation / polyrhythmic articulation
- 10% stamina conditioning through repetition cycles
- 10% call-and-response phrasing / cultural training awareness

WEDNESDAY - Contemporary African Dance (Naija Fusion Training)

High-energy technique + groove-to-phrase application

- 35% stamina & cardiovascular groove conditioning
- 25% dynamic phrasework (levels, tempo shifts, release/control)
- 20% Afro-urban fusion technique & transitional flow
- 10% floorwork / traveling sequences
- 10% rhythm-driven improvisation & performance awareness