

# JOIN US

## 5th & 6th of January 2024

Are you interested in dance and would like to find out what studying dance at the Center for Contemporary Dance (ZZT) at the Cologne University of Music and Dance looks like? Then we have something for you: JOIN US!

As part of a two-day workshop program on January 5th & 6th, ZZT teachers, students and alumni will provide insights into dance artistic training forms, practices and working methods - live in the ZZT studios in Cologne-Nippes.

During the two workshop days, you have the opportunity to put together an individual training and workshop program from various offers and thus follow your own interests. The various formats also invite you to talk to teachers and students and exchange ideas.

JOIN US is aimed at those interested in dance aged 16 and over who want to study contemporary dance and want to find out more about the specific profile of the ZZT. Participation is free. The format takes place in German and, if necessary, in English.

We offer the following formats:

- Tuning Ins (somatic practices)
- Dance trainings in contemporary and ballet for contemporary dancers
- Workshops
- Information on CCD and NRW's dance landscape

### Registration

Please register [here](#).

For your own individual workshop program please book your choice of tuning ins, training formats and workshops directly via the respective link in the program overview. You will then receive a registration confirmation.

Deadline for registration is the **20th of December 2023**.

Limited spaces - therefore registrations will be considered by order of incomings.

If you have any questions, please do not hesitate to contact [koordination-zzt@hfmt-koeln.de](mailto:koordination-zzt@hfmt-koeln.de)

Friday, 5th of January 2024	Saturday, 6th of January 2024
<p>8.45 - 9.00 am <b>Welcoming</b> Studio 1</p> <p>9.00 - 9.45 am <b>Tuning In</b></p> <p>Pilates, Birgit Scheefe, Studio 1 Yoga, Flavia Tabarrini, Studio 2</p> <p><a href="#">Registration Tuning In</a></p>	<p>9.00 - 9.45 am <b>Tuning In</b></p> <p>Yoga, Flavia Tabarrini, Studio 1 GYROKINESIS® method, Kojiro Imada, Studio 2</p> <p><a href="#">Registration Tuning In</a></p>
<p>10.00 - 11.30 am <b>Trainings I</b> Contemporary, Kojiro Imada, Studio 1 Ballett, Jemima Dean, Studio 2</p> <p><a href="#">Registration Trainings I</a></p>	<p>10.00 - 11.30 am <b>Trainings II</b> Contemporary, Nina Hänel, Studio 1 Ballett, Emanuele Soavi, Studio 2</p> <p><a href="#">Registration Trainings II</a></p>
<p>12.00 - 13.30 pm <b>Workshops I</b></p> <p>“Composing while moving” Nina Hänel, Studio 1</p> <p>“MOVES/FLUID/THOUGHTS” Emanuele Soavi, Studio 2</p> <p><a href="#">Registration Workshops I</a></p>	<p>12.00 - 13.30 pm <b>Workshops III</b></p> <p>“Dance &amp; Theory” Constanze Schellow, Studio 1</p> <p>"Diving into Choreography" Jemima Dean, Studio 2</p> <p><a href="#">Registration Workshops III</a></p>
<p>13.30 - 15.00 pm <b>Lunch Break</b></p>	<p>13.30 - 15.00 pm <b>Lunch Break</b></p>
<p>15.00 - 16.30 pm</p> <p><b>Workshops II (lead by CCD-students)</b></p> <p>“Performance Practice” iSaAc Espinoza Hidrobo, Studio 1</p> <p>“D(r)a(w)ncing” Sergio Vasquez &amp; Lili Oksanen BA TV, Studio 2</p> <p><a href="#">Registration Workshops II</a></p>	<p>15.00 - 17.00 pm</p> <p><b>Information on CCD</b> Teachers, students, alumni coming together and presenting CCD and NRW dance landscape Studio 1</p> <p><b>17.00 pm Check Out with everyone</b></p>

## TUNING INS

### **Pilates**

**with Birgit Scheefe**

**Friday, Jan 5, 2024, 9.00–9.45 am**

In this Pilates class we will explore the pelvis-femur connection, meaning hip joint mobility and leg stability at the same time, something that every dancer needs.

The Pilates method helps to improve body alignment, strength and mobility. The focus is on body awareness, activation of the deep muscles and the sensible use of breathing. Pilates is therefore ideal for dancers to become aware of and improve their own movement patterns.

### **Yoga**

**mit Flavia Tabarrini**

**Friday, Jan 5, 2024, 9.00–9.45 am & Saturday, Jan 6, 2024, 9.00–9.45 am**

Ashtanga Vinyasa yoga is structured as a set sequence of movements aimed at balancing the body and mind and helping your thoughts to become calmer.

Dynamic and static movements are alternate. It can be practiced both vigorously and gently, depending on what your body needs today. This leads to more concentration, balance and well-being in everyday life. The asana sequence can be adapted and varied according to your needs and is practiced in a recurring sequence that is gradually added to.

### **GYROKINESIS® method**

**mit Kojiro Imada**

**Saturday, Jan 6, 2024, 9.00–9.45 am**

The **GYROKINESIS®** method is characterized by flowing, continuous circular movements guided by breathing and rhythm. The focus is more on global body dynamics and the energy body than on working on a specific part of the body. This approach makes the **GYROKINESIS®** method very accessible for dancers, as it combines and reflects the somatic idea and technique with dance. The class format consists of seated, floor and standing exercises. In this tuning-in unit we focus on the seated part of the class, which is one of the signature features of the **GYROKINESIS®** method.

## TRAININGS

### **Contemporary dance technique**

**with Kojiro Imada**

**Friday, Jan 5, 2024, 10.00–11.30 am**

In this class, we will focusing on spinal mobility and motion, then expand this dynamic into creative movements of the entire body structure.

The class leaves room for questioning, listening and reflecting as well as challenging our own habits and comfort zones through creating unstable (movement-)moments. The body will be observed as an instrument for learning, training and creating, in order to utilise elements in dance such as the usage of gravity and weight, musicality and dynamic of energy body.

### **Ballet for contemporary dancers**

**with Jemima Dean**

**Friday, Jan 5, 2024, 10.00–11.30 am**

Jemima (she/her) is an Australian teacher and former dancer with the Bayerisches Staatsballet. After moving her career from classical ballet to working on the contemporary freelance scene in Europe for many years, her ballet classes for contemporary dancers reflect this crossover. Her teaching focuses on ease,

musicality and flow. Complex steps and sequences are broken down and analysed to give students the opportunity to fully embody movements. Most importantly she encourages dancers to find freedom and joy within the classical structure.

**Contemporary dance technique**  
**with Nina Patricia Hänel**  
**Saturday, Jan 6, 2025, 10.00- 11.30 am**

The training combines tuning phases, experiencing flow, interacting with each other, technical dance elements and complex movement phrases and movement material. Flow experience is initially created as a basic continuum through specific scores and tasks in our moving bodies. This allows us to unfold and discover momentum and awareness in each movement and in this way relate to the space around us. In this connection with the inside-outside, we can experience ourselves in technically challenging movement phrases and the flow state in the group as a dynamic togetherness. When we see this as the basis for creating with our bodies and movements, we enter a state of complexity that allows us to play, transform and groove together.

**Ballett for contemporary dancers**  
**with Emanuele Soavi**  
**Saturday, Jan 6, 2025, 10.00- 11.30 am**

This class is built for experienced dancers who are familiar with ballet technique and who most of the time are facing a contemporary dance repertoire. The practice of ballet technique should be seen as a playful tool and not as an obstacle for dancers. The constant aim is to give the freedom to move inside the major canons of Vaganova's Codes and in parallel to maintain an efficient dynamic through the space, without blocking the sense of coordination, breathing, rhythm and musicality.

## WORKSHOPS

### WORKSHOPS I

#### **Composing While Moving**

**with Nina Patricia Hänel**

**Friday, Jan 5, 2024, 12.00-1.30 pm**

Principles of somatic and artistic-compositional practices and methods can support us in support us in evoking a process of composing and recomposing specific physicalities and movement contexts. In this workshop we will use principles from both the Feldenkrais Method® and Body Mind Centering®. We will create a space for our own creative and artistic design of physicalities and movements. By finding specific physicalities and movements through different approaches to ever new images, emotions and moods, specific movement qualities and complex movement contexts can be created again and again. We mainly work within the framework of a real-time compositional setting, i.e. in the space between choreographed and spontaneous movements. Each participant always has the opportunity to switch between different working methods and settings: Input-oriented phases, phases of individual research are just as much a part of it as joint development and creation in small groups.

#### **MOVES/FLUID/THOUGHTS**

**with Emanuele Soavi**

**Friday, Jan 5, 2024, 12.00-1.30 pm**

The workshop is based on improvisation technique leading into discovering the unknown possibilities of your own body. With the help of several movement tasks like dropping, collapsing, folding, oppositions and matching together with the awareness of the present space around, we will try to find what are the unexpected anatomical possibilities and a whole set of ideas to be used for discovering new motions. By focusing on this trigger variations or personal inventions, this workshop will allow you to expand your ideas of what you thought your body could do. The research should offer the re-discovery and re-thinking of your previous education/knowledge, opening and taking it down for a different new inspiring path.

### WORKSHOPS II

#### **Performance Practice**

**with iSaAc Espinoza Hidrobo (student BA Bühnentanz)**

**Friday, Jan 5, 2024, 3.00-4.30 pm**

Through somatic impulses and imagination, we embark upon celebrations of our body communities; urging us to acknowledge the intrinsic interconnectedness that pervades our existence. It serves as a reminder that we, as individuals, are far from being solitary entities; rather, we share a profound kinship with plenty of other life forms and temporal dimensions.

Come! No Experience needed. Everybody welcome!

Barrier- free.

Workshop will be held english; german and spanish translation possible.

No se necesita experiencia. Todos bienvenidos.

Sin barreras

El taller se impartirá en inglés, alemán y con posibilidad de traducción al castellano.

[www.isaacspinoza.eu](http://www.isaacspinoza.eu) / [@isaacespinozahidrobo](https://www.instagram.com/isaacespinozahidrobo)

## **D(r)a(w)ncing**

**Sergio Vasquez & Lili Oksanen (Studierende BA Tanzvermittlung)**

**Friday, Jan 5, 2024, 3.00-4.30 pm**

How can I combine moving with the body through space and capturing that pathway on paper? Our special interest lays in embodying a drawn form or structure, putting that in space and relating it to another body. During this research - applied to your own practice - we aim to deepen into the interdisciplinary perspective of dance.

Feel free to bring your proposals, on which we could focus and work on together. We are very excited to get into a dialogue and move together with you!

## **WORKSHOPS III**

### **Dance & Theory**

**with Constanze Schellow**

**Saturday, Jan 6, 2024, 12.00-1.30 pm**

Dance studies only exist as a plural - as a variety of motivations and methods with which people research the dancing of other people. This lab would like to give you a taste of the richness of research with, on and through dance - in movement and discussion. We will play with the interweaving of 'theory' and 'practice'. Whether security choreographies at airport terminals, the actions of the Last Generation or practices such as raves - the terms "dance", "choreography" and "movement" are not only central to dance studies. They are effective in/at countless activities, places and processes in society. Researching dance is therefore always interdisciplinary work that touches on many other fields - such as architecture, sociology, design, anthropology or media studies. But what does dance studies engage with - an art product, a cultural context, a body concept, a reality of wage labor? What materials remain from past dances? How do we approach them? And how do we remain sensitive to the inclusions and exclusions of the canons of objects and methods that art and science always produce?

### **"Diving into Choreography"**

**with Jemima Dean**

**Saturday, Jan 6, 2024, 12.00-1.30 pm**

Jemima is a freelance dancer, teacher and choreographer based in Cologne. In this workshop, she gives participants the opportunity to learn short contemporary dance phrases. Different strategies for executing the phrases in space are then introduced, as well as how to move in space as a group. This workshop is a great way to practice learning choreographies and explores different ways of performing them. No judgement, just fun and curiosity!