

CONTEMPORARY

SIMON WEHRLI started out as a musician, attended the Accademia Teatro Dimitri (CH) and studied contemporary dance with Trinity Laban London (UK). He was involved in projects by David Zambrano as well as working with other choreographers. Since 2013 he has been developing his own work together with Jasmina Križaj. Simon teaches dance and improvisation internationally, works regularly for the Bachelor in Dance of La Manufacture Lausanne (CH) and studied the Feldenkrais Methode®.

Making use of spirals and curves, this class moves up and down and all around. Using short sequences, we work on elements such as spatial perception, expansion and cohesion. The class is influenced by Flying Low & Passing Through (dance techniques developed by David Zambrano), the Feldenkrais Methode® and Simon's own ideas. The goal is to stay calm, also in moments of higher intensity, and to enhance awareness of the body, the space and our co-dancers. Eventually the proposed form becomes a vehicle towards more freedom.

NOEMI DI GREGORIO received her dance education at Zurich Dance Theatre School and in New York City, where she studied the Limón technique (at Limón Institute) and different contemporary styles. Noemi was a member of the NYC-based dance company Spark Movement Collective, and she danced for other choreographers such as Ayako Takahashi, Yuki Hasegawa (Azul Dance) and Connie Procopio. As a figure skater she performed with "Art on Ice", where she worked with choreographers Marvin A. Smith and Salome Brunner. Meanwhile, Noemi has always been working on her own choreography. Her pieces have been shown at various venues in New York and Switzerland. Her solo "For Rosa" was premiered at the "New York Fringe Festival" in 2010. noemidigregorio.com

In this contemporary dance class, we will work and play with gravity using breath, opposition and weight. The dancers will explore movement texture, rhythm, expressiveness, initiation, release/control, expansiveness, fall and recovery, rebound, suspension, succession, isolation and much more. The class includes floor work and guided improvisation, as well as phrase sequences.

ANNA VIRKKUNEN is a Finnish dance artist, performer and a collaborator in the field of contemporary dance and performance. Since her graduation from SEAD – Salzburg Experimental Academy of Dance in 2015, she has been working in different ensembles and productions throughout Europe. Anna has performed and toured, among others, in the works of Doris Uhlich, Milla Koistinen and Sebastian Zuber. Over the past few years Anna has collaborated with the theater director Sebastian Baumgarten and has performed in his works at the Opernhaus Zürich. An important part of Anna's artistic practice is teaching. She has taught dance and creative work in various institutions such as SEAD – Salzburg Experimental Academy of Dance, Helsinki Dance Company and Tanssili ry in Helsinki. Since 2020 Anna has been engaged with the anti-racist and feminist art community UrbanApa in Helsinki where she works as a facilitator in a mentoring group for young artists.

In this practice we will move through space on all levels with improvised and set material. We will explore the spirals of the body, the momentum of the movement and how dropping and guiding our weight will help us to find flow in our dancing. At the beginning of the class we will take care of our bodies with strengthening and opening exercises that will also help us to awaken our 360-degree awareness. Through this practice you will engage and challenge your physicality and movement artistry; and you will feel empowered and ready for the day. The aim is to create a supportive and dynamic environment where we can celebrate our bodies, our individuality and our collective expression.

LAB

ALY KHAMEES is the artistic director of the company “Below the Skin” and an Accomplice Artist at Tanzhaus Zurich. Born in Cairo, Khamees is a choreographer, dancer, and actor. He has developed his skills by studying and working with various companies in Europe and Egypt, including Desent-Danse, Homa Company (Monkey Fish Technique), and Ultima Vez.

Khamees is dedicated to pushing artistic boundaries and engaging audiences through captivating choreography. His unique approach involves participatory formats, where both professional and amateur dancers contribute to the development of his choreographic works. His recent productions include “Rhythm of Reverence” (in progress, Tanzhaus Zurich 2024), “Empty City” (Tanzhaus Zurich 2024), “Naslah” (Tanzhaus Zurich, Das Tanzfest Basel/Roxy Birsfelden 2023), “Breaches” (Off Cairo Biennale Festival 2018), and “The Absentee” (2be Continued and DCAF Festival 2018).

Khamees uses the language of dance and performance to address social issues and engage audiences in meaningful dialogue. Through his ongoing research in movement based contemporary dance, power movement, and traditional Egyptian street dance, he has developed his own movement vocabulary, which he calls “Bullet and Knife.” In this lab, participants will explore this vocabulary and experience the participatory choreographic processes Khamees has created.

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 through 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.

CLARISSA ROCHA began her dance studies in Brazil at the age of eleven. Seven years later she started to work as a teacher and as a dancer. Throughout her career she has always tried to balance those two professions that she loves, teaching and performing, as she considers them as complementary. In 2005 she moved to Madrid where she carried on with her studies and where she graduated in choreography and interpretation at the Maria de Avila Conservatory. At the same time she was performing with different dance companies of various styles, from aerial dance and outdoor performance to contemporary dance. During the 8 years she lived in Madrid she also worked as ballet, contemporary dance and Pilates teacher. In 2013 Clarissa moved abroad again, this time to London, where she continued with her career as dancer and teacher. There she collaborated in a post graduate dance project at the London Contemporary Dance School and had a permanent role as a teacher at Ballet4life, focusing on ballet for adults and elderly people. In collaboration with Ballet4life's director, she developed a programme especially conceived for people with dementia.

Clarissa’s ballet class is designed to be a moment of connection with the body, providing an opportunity to use movement to feel the flow of energy and build up strength. The class is structured following the basic principles of ballet, but respecting the individuality of each dancer's body.

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 has 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.

Due to her Vaganova education, her 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. They help to create a playful and positive atmosphere.

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.

BALLET

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.

FRANCISCO PATRICIO, born in Portugal, started dancing at just 3 years old. His passion led him to train at renowned institutions like the National Conservatory Dance School in Lisbon and Ballettschule Theater Basel. After competing in the 33rd Prix de Lausanne, Francisco launched his career and worked with Ballet National de Marseille and Ballett Theater Basel, where he performed pieces by acclaimed choreographers like Sharon Eyal and Johan Inger. In addition to performing, Francisco has made a name for himself as a choreographer. He has presented his work at international festivals such as Future Dance Festival NYC. Since 2023 he has embraced freelancing as a dancer, choreographer and model; and he continually pushes the boundaries of his art.

In my ballet classes I draw on both French and Russian techniques. I integrate these with a unique approach that emphasizes spirals, elongation, resistance and expansive movement through space. We will delve into the elegance of each step, focusing on how to enhance our connection to the ground, explore twists and embrace the freedom of movement inherent in classical dance. Inspired by the Forsythe technique, I encourage dancers to extend their limbs and adapt their bodies to their surroundings while channeling their inner energy throughout every movement.

OLIVER DAEHLER was trained as a dancer at the Royal Ballet School in London. He danced with the Royal Ballet London, the Royal Ballet of Flanders in Antwerp and from 1994 to 1999 for the Bern Ballett under the direction of Martin Schläpfer. In the same theater he worked for three years as a ballet master and choreographer. Oliver has created more than 30 choreographies (commissions including the Mecklenburgisches Staatstheater Schwerin, the Stadttheater Bern and the Lucerne Festival). These include full-length ballets as well as site-specific performances. In 2001 he won a scholarship from the Canton of Bern which enabled him to complete a six-month advanced training course in Modern, Contemporary Dance and Ballett in New York. Oliver is a Certified teacher of RAD and completed the NDS Tanzkultur at the University of Bern in 2007. In 2008 he attended Ohad Naharin's Gaga-Intensive course in Tel Aviv. From 2009 to 2011 Oliver worked as a ballet master and choreographer in residence at the Tanz Luzerner Theater. Since the season 2011/2012 he works as a freelance choreographer, dance teacher and coach. <http://danceproductions.ch>

Oliver's ballet class focuses on correct body placement, fluidity in breath and movement qualities as well as musicality. Enjoy dancing with "minimum effort and a maximum result".