

JOIN US

January 6 & 7, 2023

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

During a two-day workshop program on January 6 & 7, CCD teachers, students, and alumni will provide insights into dance training forms, practices, and ways of working - live in the studios in Cologne-Nippes!

In the course of the two workshop days, you will have the opportunity to put together an individual training and workshop program from various offers and thus follow your own interests. The different formats also invite you to get into conversation with teachers and students and to exchange ideas.

JOIN US is aimed at dance enthusiasts aged 16 and older who are interested in studying contemporary dance and would like to learn more about the specific profile of the CCD. Participation is free of charge. The format will take place in German as well as in English if required.

We offer the following dance practice formats:

- Tuning Ins (somatic practices)
- trainings in contemporary dance techniques and ballet for contemporary dancers
- various workshops
- an informative format that provides insights into the profile of the CCD and the dance landscape in NRW

Registration:

To participate, you put together your individual workshop program and book your selection of Tuning Ins, Training Formats and Workshops directly via the respective link in the overview. You will then receive a confirmation of registration.

For the slots with only one offer (e.g. welcome, infoslot, joint checkout) you are automatically registered.

The registration deadline is **December 22, 2022**.

The number of participants is limited - registrations will be considered in the order of receipt.

If you have any questions, please contact zzt.anmeldung@hfmt-koeln.de

Friday, January 6, 2023	Saturday, January 7, 2023
<p>8.45 - 9.00 am Welcoming Studio 1</p> <p>9.00 - 9.45 am Tuning In</p> <p>Alexander Technik, Claudia Braubach, Studio 1 Pilates, Birgit Scheefe, Studio 2</p> <p>Registration Tuning In</p>	<p>9.00 - 9.45 am Joint Tuning In</p> <p>Yoga, Flavia Tabarrini, Studio 1</p>
<p>10.00 - 11.30 am Training I</p> <p>Contemporary, Vera Sander, Studio 1 Ballet Flavia Tabarrini, Studio 2</p> <p>Registration Training I</p>	<p>10.00 - 11.30 am Training II</p> <p>Contemporary, Vera Sander, Studio 1 Ballet, Flavia Tabarrini, Studio 2</p> <p>Registration Training II</p>
<p>12.00 - 13.30 pm Workshops I</p> <p>Workshop A: Tanz & Theory Sevi Bayraktar, Studio 1</p> <p>Workshop B: Making the Body Listen Anna Kempin, Studio 2</p> <p>Registration Workshops I</p>	<p>12.00 - 13.30 pm Workshops II</p> <p>Workshop A: Perceiving movement details Vera Sander, Studio 1</p> <p>Workshop B: Making the Body Listen Anna Kempin, Studio 2</p> <p>Registration Workshops II</p>
<p>1.30 - 3.00 pm Lunch Break</p>	<p>1.30 - 3.00 pm Lunch Break</p>
<p>3.00 - 4.30 pm</p> <p>Informative Format Teachers, students, alumni introduce themselves, the CCD and „Tanzland NRW“</p> <p>Studio 1</p>	<p>3.00 - 4.30 pm</p> <p>Workshops III</p> <p>Workshop A: Urban-Neo Andrés Patarroyo, Studio 1</p> <p>Workshop B: "etwas vermitteln - sich vermitteln" Jovana Petrovska, Studio 2</p> <p>Registration Workshops III</p>
	<p>4.45 - 5.00 pm Joint „Check Out“</p>

TUNING IN

Alexander Technik with Claudia Braubach
Friday, January 6, 2023, 09.00-09.45 am

Pilates
with Birgit Scheefe
Friday, January 6, 2023, 09.00-09.45 am

Yoga
with Flavia Tabarrini
Saturday, January 7, 2023, 09.00-09.45 am

TRAININGSFORMATE

Contemporary dance technique with Vera Sander
Friday, January 6 & Saturday, January 7, 2023, 10.00-11.30 am

In this training we will work on different ways to approach the floor. We will first focus on principles that support an understanding of functionality, alignment and volume in the body and then use this to explore a range of more complex movement scenarios. The training leaves room for questioning and listening, creating unstable moments and challenging our own habits and comfort zones. In doing so, the body is understood as an instrument for learning, creating, and training dynamic and fluid movements to utilize the play of gravity and the use of weight.

Ballet for contemporary dancers with Flavia Tabarrini
Friday, January 6 & Saturday, January 7, 2023, 10.00-11.30 am

This ballet class for contemporary dancers promotes precision, agility and fluidity of movement and develops physical strength and flexibility. Classes also focus on the spatial relationship between the dancing body and its environment, encouraging fluid and organic movement through space. All of this is done in an open and positive attitude and with a body-friendly approach.

WORKSHOPS

Workshops I

Workshop A: Tanz & Theory
With Sevi Bayraktar
Friday, January 6, 2023, 12.00 - 1.30 pm

In this format, we will explore the intertwining of theory and practice in dance. The concepts of "dance," "choreography," and "movement" form the basis for dance studies and also resonate with other fields of study through their impact on performance, politics, and culture. We ask: What are the different understandings of knowledge and theory? What is the relevance of theory to dance practice? What topics, questions, and research methods does dance scholarship generate? How do we approach critical and postcolonial theories to think about dance and choreography? Theoretical debates can be explored in different times and at different levels: from treatises and notations of ballet, in essays, diaries and movements of modern dancers around 1900, to (political) manifestos of the 1960s and choreographic manuals in the field of contemporary dance in recent years. Using various texts and audiovisual materials, we will follow these traces to gain first insights into theory in and through dance.

Workshop B: Making the Body Listen
with Anna Kempin,
Friday, January 6 & Saturday, January 7, 2023, 12.00 - 1.30 pm

In this workshop the dynamic and sensual body is activated. A mixture of given material and independent investment in movement, blends the boundary between external form and instinctive (re)action. With a particular focus on the use of weight and gravity, we explore techniques of moving into and out of the ground using momentum. This will involve using the senses such as conscious hearing, sensing and seeing to support the functionalities and potentials of the body. Included will be material that Anna Kempin has developed over the course of her work as a freelance dancer.

Workshops II

Workshop A: Perceiving movement details - a playful approach to performative tools
with Vera Sander
Saturday, January 7, 2023, 12.00 - 1.30 pm

The workshop will focus on how we can engage with movement material as a dynamic event. A framework will be generated in which participants* have the opportunity to work within improvisational settings about modes of perception and to work on performative qualities and individual decision-making capacity within set movement material. The goal is to apply tools that help to gain more confidence in one's own physical practice in order to develop a fundamentally playful, detailed and alert attitude.

Workshop B: Making the Body Listen
with Anna Kempin,
Saturday, January 7, 2023, 12.00 - 1.30 pm

In this workshop the dynamic and sensual body is activated. A mixture of given material and independent investment in movement, blends the boundary between external form and instinctive (re)action. With a particular focus on the use of weight and gravity, we explore techniques of moving into and out of the ground using momentum. This will involve using the senses such as conscious hearing, sensing and seeing to support the functionalities and potentials of the body. Included will be material that Anna Kempin has developed over the course of her work as a freelance dancer.

Workshops III

Workshop A: Urban-Neo
with Andrés Felipe González Patarroyo, student of the 3rd year in BA Dance at the CCD
Saturday, January 7, 2023, 3.00 - 4.30 pm

In this workshop we will focus on simple, complex or dynamic movements. These are related to urban dance and contemporary dance, which are not similar as units, but complement each other. We will work on ways to improve the abilities of each body, training directions, speeds, forces, flexibility and expressiveness. This with the goal of complementing or acquiring prior knowledge to feel, flow or experience any of these ideas and interpret them in a cooperative space. This does not mean that we will make a distinction between the two types of dance, but how the body can respond when listening to a song, a beat, or to silence itself.

Workshop B: "something to mediate - to mediate oneself".
with Jovana Petrovska and Leonie Stöckle, students of the 4th year of BA Dance at the CCD
Saturday, January 7, 2023, 3.00 - 4.30 pm

When we want to mediate or convey ourselves or something to someone, we have a variety of (implicit and explicit) tools at our disposal to do so, which always transmit and convey something and we also always show ourselves in them and/or let something of ourselves be seen. So, on the one hand, we can ask: Is mediation then also a performative practice? On the other hand, we can also ask: How does the mediation of my own practice take place? Both theoretically and practically, we learn what can be hidden behind the word "mediation" and examine how our gestures, words or movements always (can) mediate something.

These are some of the questions and ideas we can exchange on this topic. Feel free to bring your own questions about mediation as well!

We look forward to seeing you :)