

TRAINING

WORKSHOPS

12ND OF OCTOBER | THURSDAY | 8:15 – 9:30 P.M.
Ca.DA CENTRO

CREATIVE POTENTIALS OF CHOREOGRAPHIC IDEAS

BY MELITA BEZJAK / F.R.E.E. D.A.N.C.E.
| CROATIA |

Directed to the students of Ca.DA Escola

This Workshop explores the creative potential of choreographic ideas and tasks that reflect the methods and processes Melita Bezjak uses in creating her works. These tasks include and reflect contemporary dance techniques, yoga, improvisation, breathing, spatial and numerical concepts.



MELITA BEZJAK is cofounder and is actively involved in the Centre for dance and performing arts F.R.E.E. D.A.N.C.E. Karlovac. She initiated Contemporary Dance Atelier, a space for contemporary art conceived for various activities and programs for contemporary dance art and culture, fostering interdisciplinary approach and exchange of knowledge.

19TH OF OCTOBER | THURSDAY | 7:00 – 8:00 P.M.
Ca.DA CENTRO

IMPROVISATION IDEAS

BY KYRA GREEN
| CANADA |

Directed to the students of Ca.DA Escola, followed by demonstration open to the public, at 8:00 p.m.

We will work on different ideas and themes that will allow us to find our own way of moving. The class will start with very simple ideas and we will continue to layer these ideas on top of one another. The class will end in one long improvisation where students will have the opportunity to use all of these ideas and feel what it is like to perform an improvised choreographic work.



KYRA JEAN GREEN was born in France, raised in West Palm Beach FL., and obtained her BFA in dance from The Juilliard School, New York. She has set choreography on Hubbard Street II (winner of choreographic competition in 2007), and other important dance venues in the USA and Canada. Kyra has worked as an artist and assistant director with Companhia Rudá and currently resides in Montreal, working as assistant choreographer, teacher and dancer with Les 7 Doigts de la Main.

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20TH OF OCTOBER | THURSDAY | 7:00 – 8:30 PM.
Ca.DA CENTRO

BEAMS OF BALANCE

BY VIRPI PAHKINEN

| SWEDEN |

Directed to professionals and advanced contemporary dance students

The warming-up session is based on Virpi Pahkinen's own mix of yoga and contemporary dance techniques. The focus is on building up the core strength and awakening the subtle coordination. The gentle acrobatic exercises offer a challenge and joy for exploring the body. The *ronde de jambes en l'air* will not be practised with the ballet barre but low on the floor, the *tendus* are combined with *mudras*, (yoga postures for hands). After a technique session we will do some parts of Virpi's choreographic repertory: a blue legged spider from *Morpho Z*, and a prayer from *Digambara*.

Choreographer and dancer **VIRPI PAHKINEN**'s works are full of secrets: she can be a warrior of the spirit, a spectral gardener or a shaman in metamorphosis. She presents dance as an incantation and creates a meditative atmosphere with her original choreography. She is well known for her stunningly chiselled shapes and almost otherworldly moves. She has performed in many different venues; from experimental black box theaters to opera stages, from Mongolian steppes to suspension bridges.

Virpi Pahkinen has toured over 45 countries and has received several prizes and distinctions, amongst others the *Litteris et Artibus* medal and 1st Choreography prize in Stuttgart. She has created commissioned work for companies such as Skånes Dansteater and the Finnish National Opera and also appeared in dance films for TV. In 2013, she released her literary debut, "*Ormbäraren*", (Serpent Holder).