

Bear Workshop Day

Saturday, Sep 17th



Morning

10 - 12h

Luigi Guerrieri

"Practices of blossoming"

Studio Koen

10 - 12h

Doris Hintsteiner

"Space as possession or common good"

Studio Claudia

12 - 14h

Karine Blanche Seror

"Cook the artist, we might even eat it"

Studio Barbara + Kitchen

Afternoon

12:15 - 14h

Farah Deen

"House Dance"

Studio Claudia

14:15 - 16h

Stina Fors

"a mouthful of tongues"

Studio Koen

16:15 - 18h

Olivia Hild

"a melting vibration"

Studio Claudia

16:15 - 17.45h

Oleg Soulimenko

"Easy come, easy go"

Studio Barbara

Evening

18 - 19h

Bety Pujol Cajal

"Introduction Tango"

Studio Claudia

20:15 - 22h

Mads Floor Andersen

"Cosmic Wandering"

Studio Claudia + Outside

Showings

19:10 - 19:30h

BLOSSOMING by Luigi Guerrieri

Studio Koen

19:40 - 20h

Outside of sleep by Oleg Soulimenkoi

Studio Barbara

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Luigi Guerriei
Studio Koen
10-12h

"Practices of blossoming"

This workshop is a moment to share my research about wellbeing, happiness and their dictatorship. We will jump for joy, bounce to let go, try to be grounded, dance silly songs and allow ourselves to blossom, and blossom, and blossom. The goal is to playfully exchange our attempts to achieve a level of wellbeing, whatever that means.

Level: open (any former experience in dance or performance is NOT required!)

Doris Hintsteiner
Studio Claudia
10-12h

"Space as possession or common good"

Imagine we enter earth, a forest, a garden as a guest trying to avoid destruction or even to leave traces behind. Would it be possible to pass through space without leaving something behind or taking something with you?

We will wake up our awareness for space inside, outside and between us. We will shape and trace space around us, play in and with it, look at our cultural habits in dealing with it. We act with landscapes, conquer it to make it ours and protect it as such, we mark it as our property or as a reserved seat/ place for a certain while making MY PLACE visible for now. We will have fun to play with these possessing structures recognizing those as conquering actions of landscapes, or our homes we come from.

Level: open

Karine Blanche
with Larry
Mey/er, Julia
Zastava &
Barbara Eichhorn

Studio Barbara

12 - 14h

"Cook the artist, we might even eat it"

Where and when starts or ends a process of creation, what elements or agencies are required? Cook the artist, we might even eat it, is an invitation to share and be part of an instant and ephemeral choir. There will be no ranking of presence or absence but we will play on multiple layers in a single action. How to listen, eat art, cook music and cut a vegetable? A quest on memory and its possible transformation (future). Bring a fruit or a vegetable, we have the table.

Level: No prior knowledge of dance or music is required but advanced level of hunger is welcomed!

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Farah Deen
Studio Claudia
12:15 - 14h

"House Dance"

The dance style House Dance, which originated in Chicago and New York in the 80s, has its origins in the club. In the workshop with Farah Deen, the most important aspects of House Dance and its historical background are taught at the beginning. Besides learning basic steps, simple step patterns, different rhythms as well as grooves, the main focus is on freestyle dancing. With the help of concepts, each person can go in search of their own individual expression, while a value-free space is created.

Level: No previous knowledge necessary!

Stina Fors
Studio Koen
14:15 - 16h

"A mouthful of tongues"

In this workshop we will play with experimental vocal techniques. Growling, ventriloquism, tongue work-outs, dinosaur calls, dislocated voices and sonic fantasies. This workshop is for anyone who finds the voice thrilling or terrifying or interesting. This workshop is open level and everyone who's curious is welcome. Wear comfortable clothes to sweat in.

Level: open

Olivia Hild
Studio Claudia
16:15 - 18h

"a melting vibration"

When ice melts the molecules vibrate with greater and greater amplitude until they shake themselves out of their place.

In this workshop I want to invite us to find our shaking bodies and liquid heat. We will vibrate, soften, drop and glow - feeling our own body and the body of the group. We will dive deep in imaginary landscapes, let them meet our concrete bodies and expand them to space. We will melt down and rise up, enjoy the beats of music and listen to the echo of our breaths after.

Level: open for all

Language: English and optionally German

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Oleg Soulimenko
Studio Barbara
16:15 - 17:45h

"Easy come, Easy go"

Performing, composing and communicating with objects are the themes of our workshop. Being with everyday movements, going beyond the everyday, transforming functional physical actions into something abstract and poetic. Composition as a continuous act of building. We will work with objects of different weight, size, shape, function to incorporate the body and build something: a sculpture, a station, a shelter...

This workshop is open to everyone who is interested in the practice of performance and dance and who is looking for sources of inspiration to expand and reflect their own creative process. Please bring 3..5 objects of different size, shapes, material and function.

Level: open

Bety Pujol Cajal
Studio Claudia
18 - 19h

"Initiation to Tango"

The course will focus on learning the basic notions of Tango, its musicality and mechanics, together with individual and partner work.

- We will work through our body's biomechanics and natural dynamics, managing to understand where each movement comes from and what its natural body dynamics are.
- We will arrive at the Tango walk.
- We will add concepts of direction, time, dynamics and dissociation.
- We will work individually and in pairs (without gender).
- We will work with primary movement sequences.

Level: open

Mads Floor Andersen
Studio Claudia
20:15 - 22h

"Cosmic Wandering"

In this workshop we will function as telescopes; zooming in and out of the cosmos on a macro and micro scale. We will look forward into history; using our body as our tool to explore what is near and far away and intimate across distances.

Participants would need clothes they can wear inside and outside, as well as paper and pen.

Level: open