



saturday 17 and Sunday 18 November, from 10am to 5pm

## Contemporary dance workshop with Nina Dipla Simply listening to your body



"Being real and in the moment, being part of space, simply listening to your body and your needs, creating your own choreographic identity." A goal that is certainly not easy to reach, but which will be approached during this workshop taught by Nina Dipla, a Pina Bausch dancer.

The methodology will focus on weight, energy, breathing and the quality of movement. In order to make better use of space, work will converge on the search for simplicity, and the fluidity and harmony of the gesture.

Nina Dipla was born in Thessaloniki, Greece. In 1993 she graduated from the Folkwang Hochschule directed by Pina Bausch and with her she became a performer in the "Rite of spring". In 1999 she became assistant of Pina Bausch's Tanz Wuppertaler Theater for the reprise of Tannhäuser. Nina currently lives in Paris where, in addition to working as a performer for different choreographers, composers and directors, she devotes herself to teaching, directing workshops in various choreographic centres worldwide. She is currently working with Carolyne Carlson's Paris workshop at the Cartoucherie and with Josef Nadj choreography centre in Orléans.

---

### INFORMATION

Reservation

+41 (0)79 646 16 14

Online: [www.teatrosanmaterno.ch](http://www.teatrosanmaterno.ch)

Fr. 120.- (Fr. 80.- students and dancers)

[info@teatrosanmaterno.ch](mailto:info@teatrosanmaterno.ch)