

Discover the BA Dance Program at CCD/University for Music and Dance Cologne!

Join two free Masterclasses in Contemporary Dance

February 23rd, 2025, at Companhia de Dança de Almada



Join our outreach program with two workshops and an info session and get to know the study program of the Centre for Contemporary Dance (CCD) Cologne.

📌 What to expect?

- ◆ Insights into our unique study program combining artistic practice, theory, and professional development

- ◆ Exchange with teachers and faculty

- ◆ Information on the application process, curriculum, and career opportunities

📌 For whom?

- ◆ dancers age 16 or older who are interested in pursuing a BA in contemporary dance

📅 Date: February 23rd, 2025

🕒 10 a.m. - 3.30 p.m.

📍 Location: Ca.DA Studios - Rua Manuel de Sousa Coutinho, 11 2800-163 Almada

💰 Free of charge

Sign up now at Ca.DA via producao.cada.escola@gmail.com and learn more!

The number of participants is limited. Please register with your contact details and a short CV.
Registration Deadline is Feb 20th.

PROGRAM:

„Momentum Flow – Efficiency, Awareness, Expression“

Workshop on contemporary dance technique

with Prof. Wencke Kriemer de Matos

10.00 – 11.30 a.m.

This workshop explores contemporary dance technique through movement efficiency, anatomical awareness, and expressive freedom. We begin with a dynamic warm-up, mobilizing joints, refining breath integration, and activating full-body articulation. Floorwork plays a central role, emphasizing gravitational energy, fluid transitions, and minimizing tension for greater adaptability.

Focusing on the spine and pelvis as central initiators, we explore spirals, twists, and directional shifts to enhance agility and responsiveness. Utilizing polycentric movement, opposing forces, and rhythmic dynamics, we cultivate both precision and fluidity.

Building on this foundation, we transition from floorwork to upright sequences, maintaining a continuous flow, dynamic momentum, and spatial clarity—delving into inner space, kinesthetic space, relational space, and environmental space.

The workshop „Momentum Flow“ is an invitation to move with clarity, freedom, and creative expression – balancing control and release while expanding physical possibilities.

„Field of Intensity“

Workshop on contemporary dance

with Prof. Vera Sander

12.00 – 1.30 p.m.

This workshop activates the dynamic and sensual body. In a choreographic process, we take the materiality of the body, the space and the other as starting points for dance/movement. This includes the activation and use of movement gestures, sensory observations, relational compositions and dialogic elements that arise from the creative otherness of the dancers. The focus of the workshop is on a composition of rhythm, space, energy based on gestures with the aim of creating dynamics. We experiment with the resulting “scraps” on different levels. The aim is to gain more confidence in our own creative practice and develop a playful, detailed and alert attitude.

Studying Dance at CCD Cologne

Info Session

with Laura Lang de Negri, Prof. Wencke Kriemer de Matos, Prof. Vera Sander

2.30 – 3.30 p.m.

Join our info session to learn about one of Germany’s leading academic dance programs. Explore how our interdisciplinary curriculum, international community, and renowned partnerships shape future dance professionals. Get insights into the application process, career opportunities, and student life. Don’t miss the chance to connect with faculty and teachers!

Contact Information

Laura Lang de Negri

Coordination Center for Contemporary Dance

University for Music and Dance Cologne

laura.lang@hfmt-koeln.de

www.hfmt-koeln.de/en/dance