

22<sup>nd</sup> – 28<sup>th</sup> March 2024

# PERFORMANCE ANNOUNCE SALZBURG

Tanz  
Impulse  
Salzburg

Workshops

#34

## WORKSHOPS

Association address: tanzimpulse Salzburg | Ulrike-Gschwandtner-Straße 5, 5020 Salzburg  
Tel: +43(0)676 9755293 | eMail: workshops@tanzimpulse.org | [www.tanzimpulse.org](http://www.tanzimpulse.org)

## EVENT LOCATIONS

Akademiestr. 21 and 23, Salzburg all courses excluded  
Act of listening / ARGEkultur course & rehearsal room

## REGISTRATION

in writing (e-mail or letter/postcard/SMS/WhatsApp)  
to: tanzimpulse Salzburg, Ulrike-Gschwandtner-Str. 5, 5020 Salzburg. Mail: workshops@tanzimpulse.org Tel: +43(0)6769755293. **Please state: Name, address, telephone number or e-mail address and above all the desired courses.**

## PAYMENT

Payment fee before the start of the course free of charge for the recipient: tanzimpulse Salzburg, Salzburger Sparkasse | IBAN AT92 2040 4000 4044 8953| BIC SBGSAT2S.  
No deposit or payment slips will be sent! Cash payments are only possible in exceptional cases.

## COURSE PLACES

Limited number of participants in all courses! courses! The entry in the list of participants after receipt of the written registration. The binding reservation of a place on the course is only once the course fee has been received. Participants for whom one or more course places have been reserved will receive a notification by e-mail, SMS or by telephone about the course reservation. Please pay the course fee by bank transfer. We kindly ask those for whom a course place is reserved who are unable to attend the course, to cancel their registration by telephone or e-mail, to free up the course place for other interested parties. Participants who have repeatedly registered for courses in writing but have neither have neither attended nor paid the course fee will be excluded from future events:

## SINGLE COURSE CLASSES

can be booked at the course location, provided if there are spaces. Not possible in all courses.

## COURSE CHANGES

can be made on the 2nd day, provided there are places available.

## COURSE CANCELLATIONS

CANCELLATION OF A COURSE WITH REFUND OF THE COURSE FEES is at the discretion of the organizer and will only be granted in justified cases. In this case a cancellation fee of EUR 20,- per course will be retained! From the 2nd day of the course, refunds are only possible in the form of credit notes, the cancellation fee of EUR 20,- per course will be retained.

## COURSE CANCELLATIONS

The organizer reserves the right to cancel courses if a minimum number of participants is not reached. Participants who have a course reservation in a canceled course, will be informed in this case at least 4 days before the start of the course. Course fees already paid will be refunded.

## Ticket prices for the performances of PERFORMdANCE #34

Course participants receive tickets with a reduction of 50% off the evening box office price. Reservation/ [tickets@argekultur.at](mailto:tickets@argekultur.at) and via [performdance@tanzimpulse.org](mailto:performdance@tanzimpulse.org)

*The organizer assumes no liability for accidents and theft! Subject to printing errors and changes.*

## SCHEDULE 2024 – LOCATION: AKADEMIESTRASSE 23

### Sat 23.3. Halle B

18:45 – 20:45 **Roxana Jařić** ADAMARE

### Sun 24.3. Halle B

14:00 – 15:25 **Günter Schnaidl** TEKNO YOGA

19:00 – 21:00 **İlül Ará** SOUL DANCE

### Sat 23.3 & Sun 24.3. Hallen A + B

9:30 – 10:50 **Abhilash Ningappa** HATHA YOGA – Halle A

11:00 – 16:00 **Martin Kivady** MARTINs DANCE STYLES – Halle A

15:30 – 16:50 **Claudia Fürnholzer** AFRIKANISCHER TANZ – Halle B

17:00 – 18:30 **Roxana Jařić** AFROBRASIL – Halle B

### Mon 25.3. – Thu 28.3. Halle A

9:30 – 14:50 **Martin Kivady** MARTINs DANCE STYLES

15:00 – 16:30 **Abhilash Ningappa** HATHA YOGA

16:40 – 18:00 **Jolyane Langlois** RECIPES FOR JOY AND LAUGHTER – Contemporary workshop based on games

18:10 – 19:30 **Abhilash Ningappa** KALARI PAYATTU / MARTIAL ART – from Kerala, Indien

### Mon 25.3. – Thu 28.3. Halle B

DANCE ENCOUNTERS for people with and without disabilities

10:00 – 11:50 **Valdo Silva** CAPOEIRA

13:10 – 15:00 **Wolf Junger** THEATER, TANZ & BEWEGUNG

19:30 – 21:30 **Roxana Jařić** RITUAL DANCE

### Mon 25.3. ARGEkultur, course & rehearsal room

15:00 – 18:00 **Nayana Keshava Ehat & Jordina Millá** ACT OF LISTENING – Improvisation Workshop

# PERFORMANCES FOR DANCE SALZBURG

22. - 28.  
März  
2024  
#34

## Performances

editta braun company 22.3. & 23.3. | 17:00, 18:00 & 19:00

Rosana Ribeiro / Selva 23.3. | 20:00

ELI LAROCHE/helene weinzierl 25.3. | 20:00

Verena Pircher 26.3. & 27.3. | 19:00

Rafaela Sahyoun &  
Gabriel José Zúñiga Ávila 26.3. | 20:00

Julia Schwarzbach 27.3. | 20:00

INFLUX 28.3. | 18:15, 19:45 & 20:50

Mirjam Sögner 28.3. | 18:30

Katie Duck 28.3. | 20:00



## Günter Schnaitl TEKNO YOGA

Sun 24.3. | 14:00 - 15:25

Course price € 15,- per participant, all levels

If you like electronic music, you'll love Tecno Yoga. If you like yoga, you'll be surprised. Driving Beats bring your energy soaring upwards. Away from the worries and problems of yesterday and tomorrow, to feeling your body in the here and now. Once you have released your stress hormones properly during the sun salutation, you can really enjoy your feel-good hormones at the end, in relaxations. Tecno yoga is less about precisely performed exercises, but about combining your body expression with a good feeling. The exercises are structured in such a way that you can decide for yourself whether you want to be relaxed, elegant or really intense. No previous knowledge of yoga is required. Anyone who likes to move is welcome. If you have a yoga mat, please bring it with you. Whether you join in barefoot or in sneakers is up to you. If you like to sweat, you should bring a second shirt. A blanket for the final relaxation is also worthwhile.

**Günter** has many years of experience with Tecno and Yoga. At home, it turned out that he was doing both and at some moment he began to consciously use the energy of Tecno for his yoga. From the training as a Shiatsu practitioner, he also incorporates Taoist methods into his practice. In his search for his own path, he takes something from many directions. It is important to him to pass on what he himself experiences as positive and effective.





## Abhilash Ningappa HATHA YOGA

**Sat 23.3. & Su 24.3. | each 9:30–10:50**  
**Mon 25.3.–Thu 28.3 | each 15:00–16:30**

Course price 23. & 24.3. € 40,- per participant  
Course price 25. - 28.3. € 50,- per participant /  
Course price both courses € 80,-, all levels

Hatha Yoga, a traditional form of yoga, places great emphasis on backbends and hip-opening postures to improve physical, mental and spiritual well-being. With the focus on these aspects, we delve deeper into poses that promote flexibility, strength and the release of tension. Back-bending asanas such as the cobra, camel and bow are an essential part. These asanas stretch and strengthen the spine, open the chest and stimulate the nervous system. They encourage us to cultivate courage, vitality and emotional release. Postures that open the hips improve flexibility, release stored motions and relieve pain in the lower back. They are associated with releasing emotional baggage, finding emotional balance and improving mobility in daily activities. Through a guided practice, students learn proper alignment, breathing techniques and gradual progression in these postures.. Through the effective use of backbends and hip openings, Hatha Yoga promotes a harmonious connection of body, mind and soul, which leads to a balanced and fulfilled life. If you have a yoga mat, please bring it with you.

## Abhilash Ningappa KALARI PAYATTU / MARTIAL ART

**Mon 25.3. –Thu 28.3. | each 18:10–19:30**  
Course price € 50,- per participant, all levels

Kalari Payattu, a centuries-old martial art from Kerala, India, is a complex system that combines fighting techniques, physical conditioning, healing methods and spiritual development. The lessons in Kalari Payattu begin with an exploration of its historical roots and philosophies, focusing on the integration of mind, body and spirit. Beginning with basic postures stances, postures and strikes, students gradually progress to complicated sequences (meipayattu). Breathing exercises (pranayama) and energy channeling techniques are introduced to increase stamina, concentration and the flow of vital energy in the body improve. Partner exercises and sparring sessions, which are performed with safety and precision, help to apply the techniques learned in interactive scenarios. The training includes physical conditioning, strength and flexibility as well as mental discipline and mindfulness. It is important to develop a deep appreciation for the cultural and historical significance of Kalari Payattu in order to develop the desire for continuous learning and and practice and to engage in the holistic and enriching journey of Kalari Payattu.

**Abhilash Ningappa** is the founder and Artistic Director of Play Practice Artists Residency in India. He is a national and international performer, choreographer and lecturer. Abhilash received his training at APASS, Advanced Performance and Scenography Studies, Belgium and at SEAD Salzburg. He is a trained yoga practitioner and martial arts teacher in Kalari Payattu and contemporary dance.



## Ìlù Àrà SOUL\_DANCE

Sun 24.3. | 19:00 – 21:00

Course price € 25,- per participant, all levels

SOUL\_DANCE opens up a space in which you can move according to your needs, in mindfulness and respect for yourself and others. The musical framework is very puristic and spans a long arc that allows you to dance yourself into a dance, listen, meditate or do whatever is good for you at that moment. SOUL\_DANCE is a healing process, a vacation for the soul, flow, a step in the manifestation of your vision.

The musical accompaniment will be provided by ÌLÙ ÀRÁ a formation experienced in dance since many years: Barbara Garzarolli, Kurt Lackner, Bernie Rothauer, accompaniment: Ursula Moser  
SOUL\_DANCE opens up a space in which you can move according to your needs, in mindfulness and respect for yourself and others.

## Claudia Fürnholzer AFRICAN DANCES

Sat 23. & Sun 24.3. | each 15:30 – 16:50

Course price € 40,- per participant, all levels

Through the fusion of traditional African dance rhythms and elements from contemporary dance, an energy is released that makes us feel the joy of intuitive and expressive movement. With the flow experience we have gained, we can escape from everyday life and fully engage with our bodies and the sound of the drums. No matter what previous knowledge you have, whether you are a professional dancer or just pure enjoyment of music and movement, everyone will get their money's worth.

**Claudia Fürnholzer** graduated from the Karl-Franzens-University Graz in 2009, worked at DoTheater (RUS), Oper Graz, NORRDANS (Sweden) CieLAROQUE, Cie. Robert Poole (Spain) and Netzwerk AKS Andrea K. Schlehwein. Since 2004 she has created her own works for „erben:erobern“ (Festival Steiri-scher Herbst), Bühnenwerkstatt Graz or „ANIMA“ with students of New Education for Contemporary Dance (Sweden), taught at the ORFF Institute Salzburg, International Stage Workshop Graz.



Martin Kilvady

## MARTIN'S DANCE STYLES

Sat 23.3. – Thu 28.3.

ATTENTION COURSE TIMES: 23./24.03. each 11:00–16:00 and  
25. – 28.03. each 9.30–14:50

Course price € 350.- per participant

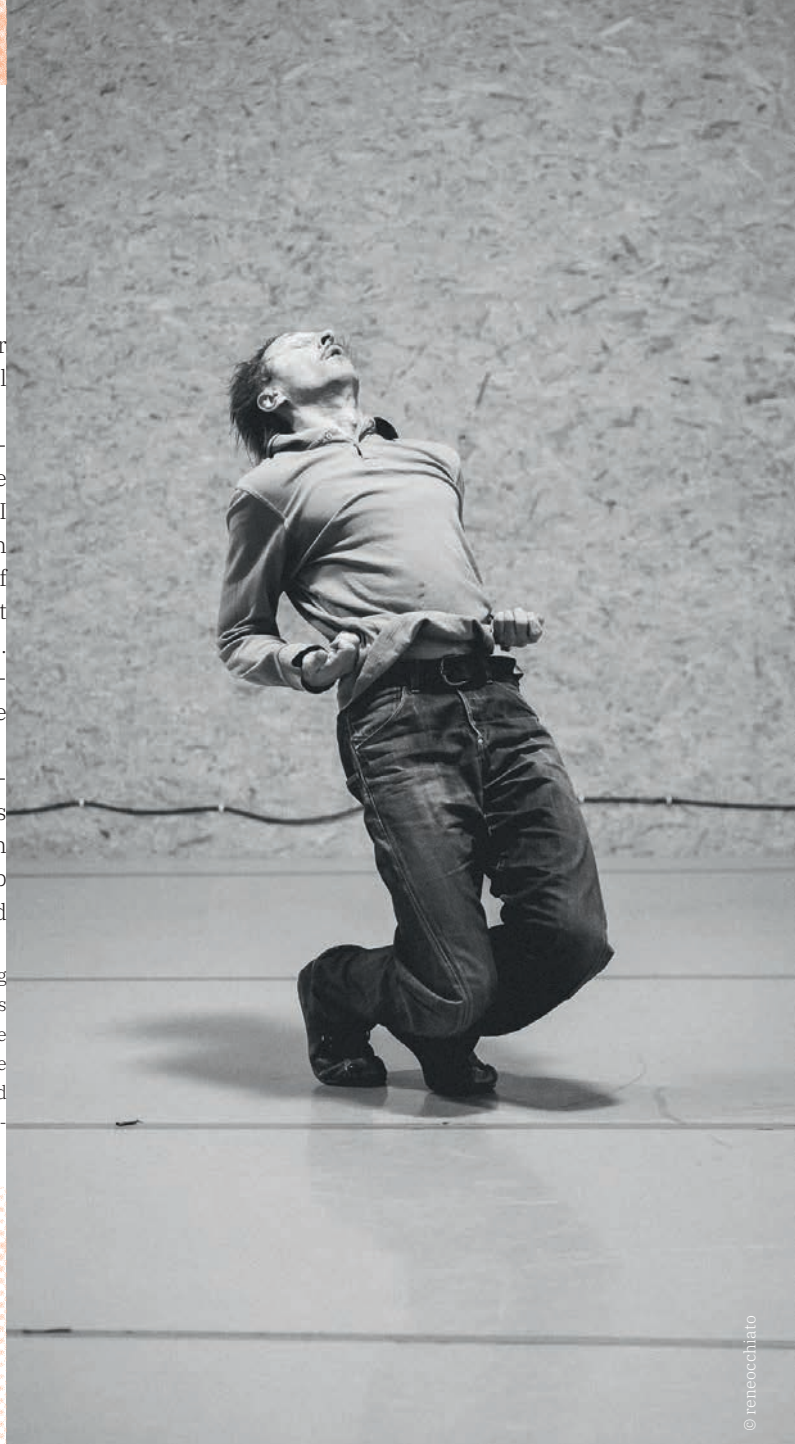
The program is aimed at all movement enthusiasts with active and regular physical practitioners, professional dancers, circus artists, professional athletes, martial artists or yoga practitioners.

For the past 30 years, Martin has worked in the field of professional contemporary dance. „I have enjoyed studying, immersing myself into the intricacies of creative processes, I have spent countless hours with people I like and have traveled around the world to present my work on stage and in dance studios. All these experiences have contributed to the emergence of my dance style „Martin's Dancing“ has crystallized. I remember clearly that I was already teaching others to dance shortly after my first dance classes. I taught others pretty much everything I had learned from others and experienced myself. I graduated with an MA in dance education and still dance with heart and soul today.“

Teaching content: What Martin offers is the experience of his craft, a moment of study in the library of his knowledge. He will teach you the parts and methods that will equip you with concrete and tangible tools. Martin has developed these tools to cultivate awareness, a sensitivity that can help you access your feelings. The learning process will radically expand and teach your movement vocabulary.

**Martin** completed his Master of Arts at the Academy of Performing Arts in Bratislava. He has worked with numerous choreographers and companies including ROSAS, Roberto Olivan, Rital Brocante and Thomas Hauert/ZOO. He was co-founder of Les Slovaks Dance Collective. Martin has been active in more than 30 creations and performs and teaches worldwide. He leads ongoing movement research and has been teaching for more than 25 years.

[www.facebook.com/martin.kilvady/](http://www.facebook.com/martin.kilvady/)





# Roxana Jafiffé ADAMÁRE

Sat 23.3. | 18:45 – 20:45

Course price € 30,- per participant, all levels

**Fall in love, love deeply, connect with love.** Adamáre is completely free from fixed dance forms and comes directly from the heart. It is a way of dancing, that allows your soul to express itself through the body. It performs the movements, gestures and postures needed to be in harmony with your inner core. Adamáre dance allows you to reconnect with your divine origin and the wisdom of your heart. This has the effect that conscious or unconscious issues, standing in the way of this connection resolved. It is a feeling of being in love, of freedom and strength. The feeling of coming home.

**Roxana** was born and grew up in Brazil. At the age of 13, she began her dance training in Afro-dance, Modern and Jazz. Numerous performances as a freelance dancer in Germany and many countries in Europe and South America followed. As a dance and movement teacher, she also runs the ‚Rhythm Awareness‘ training course and works as a body and psychotherapist and channel medium. Roxana looks back on 25 years of experience as a dance seminar leader and is a member of the UNESCO International Dance Council.

[www.roxanajaffe.de](http://www.roxanajaffe.de), [www.ritualdance.de](http://www.ritualdance.de)



## Roxana Jafiffé AFROBRASIL SPECIAL

Sat 23.3. & Sun 24.3. | each 17:00 – 18:30

Course price € 40,- per participant, all levels

**Discover the source that moves Afro-Brazilians: the joy of life!** Afro-Brazilian dance (the African roots of Samba, also known as Danca Negra) is a powerful dance that helped the African slaves in Brazil to survive during colonial rule. This dance teaches us in particular to transform our blocked powers into positive energy. It is essentially about standing better on the ground, letting go, relaxing, absorb the music, feel the rhythm and have fun. The diverse movements, the strong expressiveness and traditional forms of Afro-Brazilian dance are an ideal way. *„I guarantee: no matter how you feel before class, you'll feel better afterwards!“* Roxana

# Roxana Javrié

## RITUAL DANCE

Mon 25.3. – Thu 28.3. | each 19:30 – 21:30

Course price € 120,- per participant, all levels

The most important aim of the course is to bring back aspects of your own personality that have been lost, split off or repressed, to bring them back and integrate them so that we can be fully in our own power again. Traditional dances of the gods from ancient Afro-Brazilian culture connect with your archetypal qualities. This hidden potential will be tapped into through themed, targeted exercises in connection with intuitive movements, the retrieval of archetypal knowledge, the rediscovery of your own rituals and the activation of body and heart intelligence. The result is a high energy frequency that strengthens you and frees your life force. Please bring comfortable clothes and writing materials. The course is danced barefoot.

### The archetypes that will be discussed in the course:

- **Ogun - The iron.** It brings order and creates clarity. As a propulsive energy, Ogun responds positively to change and urges you to decide, to focus, to detach.
- **Omolu - The healer,** responsible for all illnesses. He knows their secrets and helps us to understand them so that order can be restored. He invites us to activate our self-healing powers and regain power over our own health.
- **Nanan** - mistress of death and life, the beginning and end of everything. The goddess Nanan also embodies the root and what is at the centre of the earth. As the oldest of the Orixás, she is the universal wisdom, the intuition, the all-knowing.
- **Xangô** - He is the decision, the will and the initiative. He does not tolerate lies and carries the power of everything that begins anew or is transformed. A force that brews, swells and condenses.



# Jolyane Langlois

## RECIPES FOR JOY AND LAUGHTER

Mon 25.3. – Thu 28.3. | each 16:40 – 18:00

Course price € 50,- per participant, all levels

**Contemporary workshop based on games for everyone.** In this workshop we use play as an act of resistance and as a cathartic reminder of our ability to still have a sense of wonder and lightness. Through a combination of games, partner exercises, movement experiences and clowning techniques, we will explore laughter as the best medicine. How can I smile with my whole body? Can a wiggle make you giggle? With curiosity and joy we explore rhythmic, vocalised and involuntary actions. We will observe the mechanisms of laughter, happiness and amazement and translate them into movement. This workshop is a connecting experience that creates heartfelt connections and allows us to rediscover this contagious global togetherness.

**Jolyane Langlois** is a dance artist from Tiohtiá: ke/Montréal with ancestral roots in the Mi'gmaq of Gespe'gewa'gi. She graduated from the School of Toronto Dance Theatre in 2012. Since then, Jolyane has worked as a performer, collaborator and movement facilitator with a variety of independent choreographers and companies in Canada and internationally. She currently lives in Vienna and worked among others with Barbis Ruder, Doris Uhlich, VRUM Performing Arts Collective and CieLAROCHE/helene weinzierl.





# Nayana Keshava Bhat & Jordina Millà

## ACT OF LISTENING

Mon 25.3. | 15:00–18:00

Course price € 40,- per participant, all levels, (course fee can be paid at the course location)

ATTENTION COURSE LOCATION: ARGEkultur, Ulrike-Gschwandtner-Str. 5, course and rehearsal room

**Improvisation Workshop.** We improvise with the unknown by playing and experimenting with what is in front of us. This process requires us to pay attention to what is already there and the courage to engage with what has not yet been discovered. The musician Jordina Millà and the performer Nayana Bhat offer an improvisation workshop that focuses on attentive listening and explores the relationships between different elements such as space, time, actors and bodies through attentive investigation. The intention is to apply and practice this approach both in the performative and in everyday life and to practise it. Through playful exercises, developed from the musical, movement-based, somatic and performative practice the first part of the workshop will offer space to explore improvisation in a performative setting. The workshop will then open up for a social discourse on the question: „How can we listen attentively to each other when we are not familiar with each other’s point of view?“ Through interdisciplinary approach, the workshop creates a framework for compassionate listening across different perspectives.

**Nayana Bhat** is a multidisciplinary artist from India based in Salzburg. Her performative practice is based on dance, clown theatre, somatic work and text. She is particularly interested in the interplay between improvisation and choreography. [www.nayanabhat.weebly.com/](http://www.nayanabhat.weebly.com/)

**Jordina Millà** is a Salzburg-based pianist and improviser with a classical background. In addition to her musical path, she is involved in improvisation and multidisciplinary performance and regularly works with disciplines such as theatre, circus and contemporary dance. [www.jordinamilla.com](http://www.jordinamilla.com)



## DANCE ENCOUNTERS for people with and without disabilities

Mon 25.3.–Thu 28.3.

Course price € 40,- per participant (Capoeira & Theatre for all 4 days). The participants of these courses can receive lunch for € 8,- per day. Registration on site is sufficient.

**Valdo Silva** CAPOEIRA  
every 10:00–11:50

**Wolf Junger** THEATRE AND MOVEMENT  
every 13:10–15:00

## Valdo Silva

# CAPOEIRA FOR PEOPLE WITH AND WITHOUT DISABILITIES

**Capoeira strengthens the mind and inspires the body.** The course offers the opportunity to experience the original art from Brazil. The course content is adapted to the abilities and characteristics of the individual participants. The motto is: everyone can take part and everyone does what they can. Afterwards what has been learnt can be tried out together with partners and the group. We try to overcome all boundaries. Age, gender, abilities, etc. are in the background. What is desired is participation, integration and independence.

**Valdo Silva** comes from a Capoeira family rich in tradition, is a 3-time European Capoeira champion and a recognised trainer with the international capoeira association Novo Capoeira.



## Wolf Junger

# THEATRE AND MOVEMENT FOR PEOPLE WITH AND WITHOUT DISABILITIES

The development from the first impulse to the scene, from role behaviour to role design, is the subject of the course.

**Wolf Junger**, Mag.phil. in German Studies and Philosophy, training in clowning, Butoh (Tanaka Min and Kazuo Ohno), dance theatre, biomechanics, yoga, tai chi, dance therapy (Cary Rick) and communication. Director, choreographer, author, theatre and dance teacher, teacher of philosophy and psychology, co-founder of Vorgänge 1982, of ZWIOH THIA movement theatre in 1990, the BLAUEN HUNDE (theatre and dance with disabled people) in 1998, ecce theatre (from 1999), CieLAROCQUE/helene weinzierl since 2005, TACIS (Russian EU programme for disabled people, 2007)

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