



*PARADISE IS A
FEELING*

Movement workshop by Nadine Gerspacher

**NADINES WORK EXPLORE
CONTEMPORARY DANCE,
INCORPORATING MOVEMENT
TASKS AND SITUATIONS THAT
PLAYFULLY CONNECT PEOPLE AND
FOCUS ON THE ENERGETICS OF
BODY LANGUAGE. SHE GENERATES
A WARM ATMOSPHERE AND
INSPIRES PEOPLE TO WORK
INTELLIGENTLY AND PUSH THE
EDGES OF THEIR LIMITS.**

The workshop consists of exercises to awaken the whole body and to generate awareness of the entire physical instrument. Attention is given to breath, joint articulation, muscle tone and stability to improve physical strength.

Nadine invites everybody to participate in technical exercises, including floor work, games and challenging phrase composition.

People learn to activate and ground their center in a way that allows them to experience optimal freedom in their movement. Partner work, guided improvisations and theatrical tasks highlight the class activities to support playfulness and creativity in movement and expression. Her physicality is defined by a raw, powerful movement balanced with a special attention to detail, particularly in the movement of the hands. playing with different textures, switching from light to thick. Shaking their bodies intensively.

**HER MOVEMENT IS A
CONSISTENT SEARCH FOR
SURPRISES.**



Nadine invites You to LET THE SKY
OPEN UNDER YOUR FEET and to
embrace YOUR journey.

Moving **barefoot** will help us to pay attention to
what our feet senses.

The Sessions take place between
2 hours classes up to 4 hours classes.
Every **movement**, every session starts from the
connection with the ground through our feet as
a basic part of the training.

Remembering to support our weight with our
feet **every single day, every single practise.**

UPCOMING OPEN WORKSHOPS:

03.-06. July Workshop Gärtnerplatz Theater Munich, Germany

17.-18. July Workshop FreesBE, Freezone Barcelona, Spain

19.-30. July Workshop and Performance Project Festival B12 Berlin, Germany

04-06. August NEXO Workshop, Freiburg im Breisgau, Germany

26.-31. August Performance Project for actores & dancers, Festival FMR ARLES, France

11.-14. Sep. Workshop COLLAB, Bordeaux, France

30. Oct.- 3.Nov. Workshop Montréal, Canadá

12. Nov Tanz in Olten, Suisse

19.-21. Nov. Tanzfestival Winterthur, Suisse

*THE MIRACLE IS HERE, WITH US, IN
US, WITH THE VERY FACT THAT WE
ARE ALIVE.*

MORE INFO:

PARADISE IS A FEELING

Contact: Nadine Gerspacher



INSTAGRAM

https://www.instagram.com/___nadinegerspacher/

FACEBOOK

<https://www.facebook.com/cia.gerspacher/>

VIMEO:

<https://vimeo.com/user7427095>

<https://vimeo.com/775276525>

Biography

As a freelance artist *Nadine Gerspacher* has been working internationally for over 20 years and choreographs worldwide for companies and universities. Among others, she danced for five years with the internationally renowned dance theater company Dave St. Pierre from Montreal, which strongly influenced her own choreographic work. In 2015 she worked as a choreographer for the Cirque du Soleil. In 2016, she received the Isadora prize from the Iwanson-sixt foundation in Munich for her exceptional achievements in contemporary dance.

In her trilogy 2019-2021, which she successfully completed in september 2021, she described and questioned various facets of the pre-corona era. In 2022 she successfully celebrated her latest piece RE. at the E-werk theatre in Freiburg: a duet that she created together with Arias Fernandez, which combines Krump dance and Contemporary dance. The duet was invited for the RIDCC competition in Rotterdam in 2023. Furthermore, she co-leads the two programs Free bodies & Free roots, which

accompany young dancers: in over eight months and prepare them for their professional careers as well as she opened free zone, a center for movement, creation and performance in Barcelona with Nicolas Ricchini in 2022. In addition, she is the co-founder of the Nexo festival in Freiburg/ Germany together with Tina Halford. Cia Nadine Gerspacher receives 2022 guest performance funding from Tanzland / Inthega houses for 2023-2026. 2023 celebrates the company their new creation "Das innere Beben" at E -werk Freiburg.

The company is associated to the theatre SAT as well in the program Aliansat 2022-2024.



CIA NADINE GERSPACHER

Cia Nadine Gerspacher is an international project serving as a creative platform for the company's own creations, as well as for collaborations with other artists and commissioned choreographic works for dance institutions and other companies as well as the organization of the Nexo festival in Freiburg/Germany. The company combines dance and theatre in a poetic way. Nadine Gerspacher's central field of work is a dance theatre fired by everyday life. She creates small worlds inhabited by eccentric characters where the absurd, poetry and unfiltered physicality come together in a narrative way. Humor, transformations, grotesque moments and vulnerability play central roles in her plays. Basic questions of human existence: who are we, what are we looking for? and what is love? are constantly being re-examined in different ways. Her pieces are multidisciplinary, characterized by powerful dance and acrobatic elements. In general, the creations have a clear

aesthetic, are of high quality and strong in their essence. The pieces deal with socio-critical and current topics.

The works bring to life surprising images with the power to engage the audience emotionally and to captivate even younger or inexperienced audience members.

NADINE Gerspacher

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-dancer & maker-

Director of CIA NADINE Gerspacher

Co-director at FREE ZONE, FREE BODIES & FREE ROOTS

Co -director of NEXO FESTIVAL

<https://vimeo.com/user7427095>

