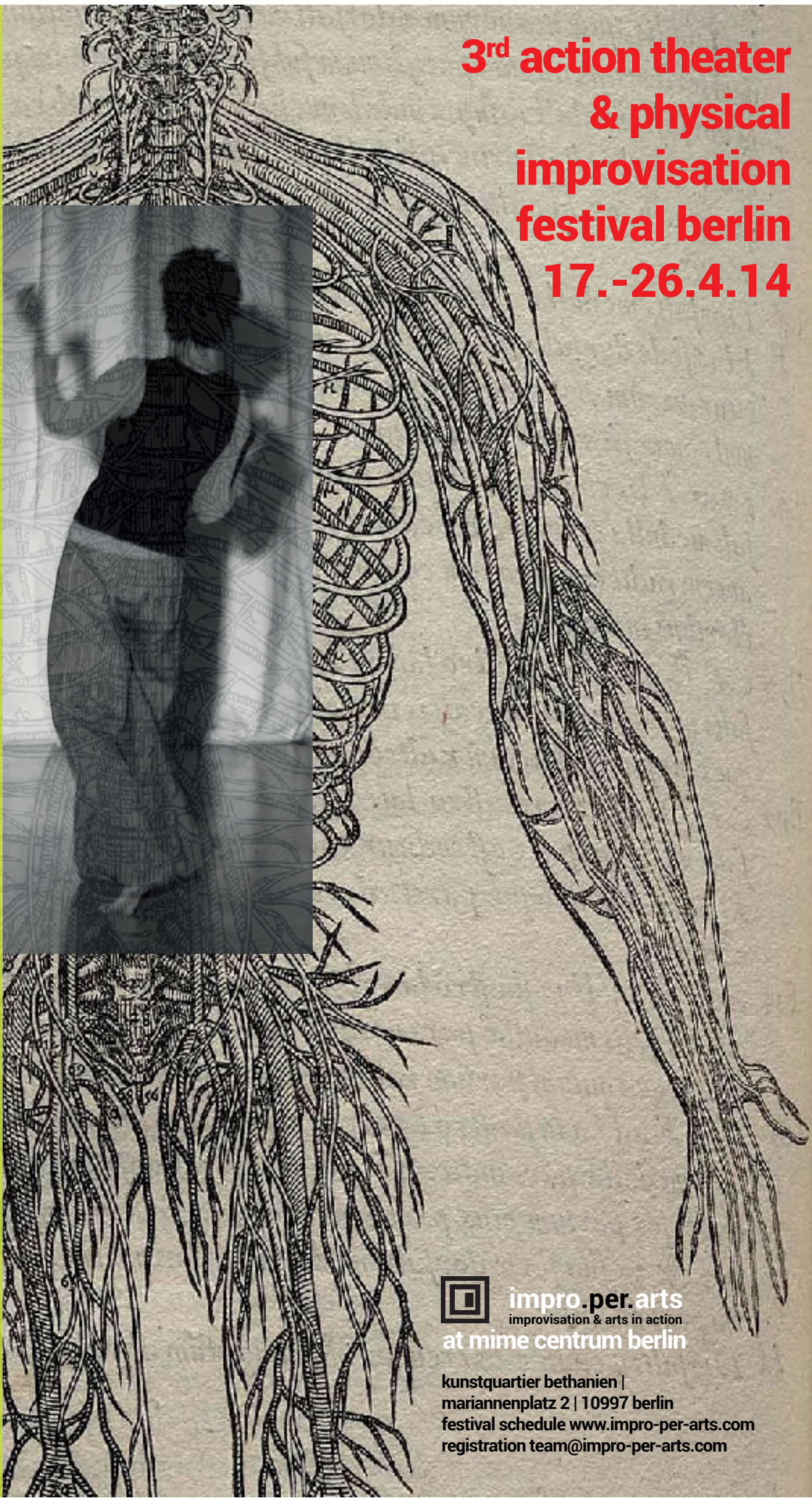


the mind is the idea of the body



**3<sup>rd</sup> action theater  
& physical  
improvisation  
festival berlin  
17.-26.4.14**

design impro.per.arts JA



**impro.per.arts**  
improvisation & arts in action  
at mime centrum berlin

kunstquartier bethanien |  
mariannenplatz 2 | 10997 berlin  
festival schedule [www.impro-per-arts.com](http://www.impro-per-arts.com)  
registration team@impro-per-arts.com



## 3rd International Action Theater & Physical Improvisation Festival

# ***The mind is the idea of the body***

What would happen if you contemplated, thought through and practiced improvisation with a dedicated consistency? If you practiced improvisation and carried out the consequences of the practice in all your thoughts and actions? Would your view of the creative process change? What about your perspective on human existence or its biological and socio-cultural conditions? The body is able to capture the complex network of relationships in the here and the now of performance and to respond to it due to kinesthetic empathy. It is that empathy, that body experience that is required for the radical immediacy of improvisational expression. And so the play begins...

The pioneer of this understanding of improvisation is Ruth Zaporah (USA), an icon of interdisciplinary performance, and her concept of Action Theater™. In Berlin, Sten Rudstrøm deepens the Zaporah's methodology with a somatic and neuroscientific approach.

The 3rd Action Theater™ & Physical Improvisation Festival aims to exchange and build networks in the field of improvisation, physical theater and process-based arts. From Body & Voice Morning Labs (Ulrike Sowodniok and Satu Palokangas), through a series of workshops (Sten Rudstrøm, Linda Rodeck, Sabine von der Tann, Alessio Castellacci, Trinidad Martínez, Peter Krempelsetzer, Kate Hilder, Etoile Chaville, Torsten Bruhn, Beni Ocker, Markus Hoft, Johanna Seiler), up to high-calibre performances and jam-sessions – the festival offers a broad range of access to improvisation with movement, voice and language.

Open for professionals and all those interested. We hope to see you there!

Jagna Anderson & Stefanie Tübinger (impro.per.arts)  
in co-operation with Sten Rudstrøm Performances/ Action Theater Berlin

17 - 26 April 2014

Mime Centrum Berlin, Studio 2, Mariannenplatz 2, 10997 Berlin

Curators: Dr. Jagna Anderson & Stefanie Tübinger

Registration: [team@impro-per-arts.com](mailto:team@impro-per-arts.com)

[www.impro-per-arts.com](http://www.impro-per-arts.com)

# 3rd International Action Theater & Physical Improvisation Festival Berlin 2014

		P R E - F E S T I V A L			E A S T E R S P E C I A L		
		Sat 12th April	Sun 13th April	Thu 17th April	Fri 18th April	Sat 19th April	Sun 20th April
w o r k s h o p	10:00 - 18:00	Markus Hoft <b>DanceActBlue</b>	Markus Hoft <b>DanceActBlue</b>				
	12:00 - 18:00			Markus Hoft <b>DanceActBlue*</b> Rehearsal		Linda Rodeck <b>Less is more</b> <b>Easter Intensive</b>	Linda Rodeck <b>Less is more</b> <b>Easter Intensive</b>
p e r f o r m a n c e	18:00			<b>DanceActBlue*</b>			
	19:00			<b>DanceActBlue*</b>			
	19:30				<b>Moving Choir*</b>	<b>DanceActBlue*</b>	
	20:15						<b>Torsten Bruhn</b> <b>Bodily functions</b> <b>Alessio Castellacci</b>
	20:30					OPENING NIGHT <b>Sten Rudstrøm &amp;</b> <b>Sabine von der Tann</b>	

\* meeting point: in the front of the main entrance to Kunstquartier Bethanien, Mariannenplatz 2

# 3rd International Action Theater & Physical Improvisation Festival Berlin 2014

	Mon 21st April	Tue 22nd April	Wed 23rd April	Thu 24th April	Fri 25th April	Sat 26 April	
	9:00 -		B o d y & V o i c e		M o r n i n g L a b s		
	11:00	Satu Palokangas	Satu Palokangas	Satu Palokangas	Ulrike Sowodniok	Ulrike Sowodniok	
w o r k s h o p	12:00 -	Sten Rudstrøm	Torsten Bruhn	Alessio Castellacci	Etoile Chaville	Kate Hilder	Trinidad Martínez
	14:30	<b>Ta(I)king Your Head Off</b>	<b>Into the VOID</b>	<b>the synesthetic voice</b>	<b>SOLO - Be your own partner</b>	<b>Once more with feeling</b>	<b>immediate short performances</b>
w o r k s h o p	15:30 -	Özge Tomruk	Johanna Seiler	Kate Hilder	Sabine von der Tann	Peter Krempelsetzer	Sten Rudstrøm
	18:00	<b>Shades, shapes, faces</b>	<b>The joy of vocal improvisation</b>	<b>Once more with feeling</b>	<b>Dynamics and Musicality</b>	<b>Solo: Take Heart!</b>	<b>Ta(I)king Your Head Off</b>
p e r f o r m a n c e	20:15 -	<b>Susanne Schmitt</b>	<b>Jenny Haack</b>	<b>Wedontdothat Ensemble</b>	<b>ViewPoint Ensemble</b>	<b>Etoile Chaville &amp; Meltem Nil</b>	<b>theater kreatür</b>
	21:30	<i>Just another failure</i>	<i>catch the curve no. 1</i>		<i>The Recovered Flies</i>	<i>Duo Improvisation</i>	<i>pretending not to be surprised</i>
		<b>Linda Rodeck</b>	<b>Ulrike Sowodniok</b>	<b>Sten Rudstrøm</b>	<b>Satu Palokangas</b>	<b>Streugut</b>	<b>Peter Krempelsetzer &amp; Rahel Comtesse</b>
	<i>less is more</i>	<i>Organic - strange = Orange</i>	<i>Solo Improvisation</i>	<i>Solo Improvisation</i>	<i>Ensemble Improvisation</i>	<i>freefishing</i>	
	<b>Kate Hilder</b>	<b>Sabine von der Tann</b>	<b>Johanna Seiler &amp; Rahel Comtesse</b>	<b>EAT - European Action Theater Ensemble</b>		<b>Trinidad Martínez &amp; Guests</b>	
		<i>nothing is, but everything</i>	<i>Hear &amp; Wow! - Duo Vocal Improvisation</i>			<i>trozos de chocolate</i>	
	22:00			JAM SESSION		JAM SESSION	

## PRE-FESTIVAL: EASTER SPECIAL

### Linda Rodeck

## Less is More – the power of stillness and silence in improvisation

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This workshop will focus on inviting ourselves to do less. To pause. To remain still. To accent a partner's kinetic energy with a highly contrasted minimalism. Too often, we try to "fill" the spaces that we feel are "empty". But are those spaces really empty, or are we not noticing the vibrancy in what we are already doing? In solo and ensemble, we will take some time to breath into a new way of improvising and a new way of experiencing ourselves and our partners.

**Linda Rodeck** (USA) Since 1999, Linda has studied, taught and performed Action Theater with Ruth Zaporah. She is an Advanced Action Theater teacher (2004 designation), performance artist, writer, and voice- over actor. Performances include solos and collaboration with other artists; including the International Action Theater Ensemble. Linda is actively involved with KUNM public radio in Albuquerque and Santa Fe New Mexico as an on-air contributor and writer.

*"Even if I want certain things to remain the same, they're already changing. There's nothing I can do about it."*

**19th - 20th April 2014, Sat - Sun 12 am - 6:30 pm**

**Mime Centrum Berlin**

costs: 130€/ 145€ or together with the 6-days festival pass: 410€/ 430€ (\*if paid until March 28th)

**Performance | Mime Centrum Berlin | 20:15**

**Mon, 21st April 2014, 20:15**

*Linda Rodeck, Less is more - a solo improvisation*



photo J. Anderson

## Pre-Festival

# Markus Hoft

## DanceActBlue

### Rehearsal | Performance

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**Actiontheater meets dance! Instant composition meets rules! Group meets Solo/Duetts! Choreograph Markus Hoft is looking for Performer!**

Actiontheater trains the choreographic eye for instant compositions. How can actiontheater enrich contemporary dance/ contactimprovisation? I will show possibilities to create an outdoor performance with actiontheater and dance working together. Soft tools for big impact. Afterwards who want can participate in a public outdoor performance.

**17th April, 12:00 - ca 18:00**

Rehearsal for DanceActBlue performance on 17th and 19th April

Mime Centrum Berlin | free for performer

**Markus Hoft**, dancer/choreograf. Studied contemporary dance in Köln and Dundee (SSCD) and Workshops all over the world. Dancing in companies and his own projects. Yoga/Pilates Theacher, InTouch Massage, Capoeira, Actiontheater an anatomic studies comming together in his teaching. Founder of the bremen actiontheater inspired performance group „theater kreatür“. Organizer of Potsdam Jam and Jam Festival Bremen. [www.fooldance.de](http://www.fooldance.de)



**Performances | Mariannenplatz in the front of Kunstquartier Bethanien**

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**17th April, 6pm & 7 pm**

**19th April, 7:30 pm**

*A great many of Performer in blue overalls following constantly changing leaders. Each Moment creating new rules to follow with space for quirky individuality. The chaos is gettin its fragile structure and the moment can open his mouth. Moving pictures and unfamiliar situations in public space creating a blue miracle.*

Pre-Festival

## Moving Choir | Berlin | Initiative VOLK TANZ TRUPPE exercise in the park

Project initiator: **Anna Weißenfels**

Project development: **Anna Weißenfels, Frauke Gerhard**

Performance: **Selda Altin, Marialuisa Capurso, Lea Dietschmann, Julia Marlen Mahlke, Anna Weißenfels**

How can one contribute to a group action in a self-fulfilling way?

The Moving Choir is exploring the interaction of voice and movement.

It is about giving dynamic form to sounds and spaces.

The utopian ideal of the collective body inspires us to engage in self-organization.

we are swarming ...

pulsating, swirling

roaring, yelling, humming

imitating, transforming, selecting

looping

Performance | Mariannenplatz | 19:30

Friday, 18th April 2014

[www.volk-tanz-truppe.de](http://www.volk-tanz-truppe.de)



**BODY&VOICE MORNING LABS -- we start with the body**

## **Satu Palokangas**

### **Morning classes**

These classes present you with pathways into body-experience and embodied improvisation. Each day we examine a somatic concept or an area of the body and map our internal experiences through touch, movement, drawing, voice and words. With these maps we navigate through improvisational forms, learning to align our inner and outer worlds, finding fuller expression. This work brings you to your senses, saturates you with new choices for your life on and off stage.

**Satu Palokangas (FI):** I have been immersed in somatics and improvisation since 1995 and work as an educator, performer, facilitator, organizer and somatic movement therapist. Currently I co-direct the Moving On Center Somatic Education & Process Arts training in Berlin, and teach with EUROLAB, European Association for Laban/Bartenieff Movement Studies and the Theater Academy of Helsinki. Since 2008 I've been co-creating "Core of Expression" embodiment and performance training with Action Theater™ Senior Teacher Sten Rudstrøm.  
[www.satupalokangas.com](http://www.satupalokangas.com)

**21st - 22nd - 23rd April 2014, 9 :00 - 11:00**

Mime Centrum Berlin | festival pass or drop-in 7€

**Performance | Mime Centrum Berlin | 20:15**

**Thu, 24. April 2014, 20:15**  
*Satu Palokangas, Solo Improvisation*





## Ulrike Sowodniok

### Morning class

My method of teaching Applied Anthropology of the Voice and the Moving Body consists in a sensory orientation of the artistic process. The focus lies on the larynx as an organ for perception and navigation. There, voice and movement fuse together in a balanced inner movement of the sounding body. In this WS, top of the agenda are dissolving the separation of singing and dancing by entering the source of one single artistic reflex. The sound of the voice provides us with an acoustic image making audible the texture of the whole organism and its relation to ourselves and the whole surrounding environment. The sound of the voice as a paramount reaction of orientation becomes a main topic in this context. Being astonished by its own strangeness in self-transgression and self-subversion, the voice, at any moment, will show us many new aspects in a playful improvised way of working.

**24th - 25th - 26th April, 9 am - 11 am**

Mime Centrum | festival pass or drop-in 7€

**Performance | Mime Centrum | 20:15**

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**Tue, 22nd April, 20:15**

**Mime Centrum Berlin**

*Ulrike Sowodniok: Organic – strange = Orange. A solo improvisation.*

*Giving language a body by disintegrating it into digestive sound particles and the rebirth of it in strangeness – does this mean prayer? A joyful voice performance about a text by Teresa from Avila – or from today?*



**Ulrike Sowodniok**, Singer and voice anthropologist *Studies of medicine, philosophy, Lichtenberger® applied physiology of the voice, opera singing, contemporary interpretation and sound studies. Her emphasis lies on experimental music for voice and sonic environment.*

*Cooperation with musicians, composers and sound artists, e.g. Matthias Bauer, Sam Auinger, Hannes Strobl, Mayako Kubo, Stefan Streich, Georg Katzer, Hermann Keller. Radio broadcasts at SWR and DR-Kultur.*

*Cooperation with dancers and choreographers in the field of voice and movement, e.g. Louise Wagner, Anna Weissenfels, Bettina Mainz. Teaching in her own studio in Berlin and at the career college of the University of the Arts, Berlin, the departments for music therapy and sound studies. Scientific cooperation with Doris Kolesch, Holger Schulze, etc. Publications in the field of anthropology of the voice and the senses, monograph „Stimmklang und Freiheit – zur auditiven Wissenschaft des Körpers“ by transcript in 2013.*

## Action Theater in Europe

### EAT

EAT, the European Action Theater ensemble, was created by Sten Rudstrøm in 2009.

It is an international group of five Action Theater teachers/performers who all have many years of experience with Action Theater and improvisation.

Sten Rudstrom (USA/DE) and Sabine von der Tann (DE), Peter Krempelsetzer (DE), Kate Hilder (UK) and Andres Noormets (EST).

They meet quarterly to practice improvisation, exchange ideas, share their own research and perform together in one of their home locations.



photo J. Anderson

**Performance | Mime Centrum | 20:15**

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**Thu, 24th April**

EAT

*Performing: Sten Rudstrøm, Sabine von der Tann, Peter Krempelsetzer, Kate Hilder*

## Action Theater in Europe

### Torsten Bruhn

#### „Into the VOID“ –

Improvisation ist eine Leichtigkeit, wenn wir in der Lage sind zu finden statt zu suchen.

Material und Möglichkeit sind unbegrenzt und wertvoll ist unsere Auswahl.

Ich entscheide mich zu sein - 'hier', mehr als 'da' und offener als das 'ICH' zulässt.

Im Moment sein und Bedeutung schaffen - weiter gehen und Geschichten erzählen -

aus dem was ich sehe; für andere sichtbar gemacht.

„Into the VOID“ - die bloße (Un-)Möglichkeit zu improvisieren

„Into the VOID“ - eine Kleinigkeit, aus der eine Welt entsteht

„Into the VOID“ - Wunschtraum oder wahrnehmbare Realität

Into the VOID meint keine spezifische Handlung, kann aber hingenommen werden als Einladung zu neuem, ungespieltem Material. Fern von dem was wir zu spielen geneigt sind, zu sein vorgeben oder denken zu sein oder was wir glauben niemals sein zu können. Vorstellbar und unvorstellbar. Ganz, ganz nah und un-entdeckt. Dunkel, düster, kitschig, verboten.

Aus der Bewegung Into the VOID soll eine Haltung gestaltet werden.

Denn bei all dem soll es auch noch Freude bereiten.

Jaaaaaaaaaaaaahaha!!!!!!!!!! Enjoy the VOID!!!

Oder kurz: Joyvoid. Sieht das nicht hübsch aus?

Joyvoid, joyvoid, into the joyvoid.

improvise ... into the void ... with joy

**24th April, 12:00 - 14:30**

Festival pass



**Performance | Mime Centrum Berlin | 20:15**

**So, 20th April**

Torsten Bruhn: *Into the VOID. Solo improvisation*

**Torsten Bruhn** (Hamburg), gelernter Gürtler, Student der Erziehungswissenschaft, Germanistik und Soziologie (Universität-Hamburg), arbeitet seit Februar 2004 regelmäßig mit seinen Action Theater™ - Lehrern Sten Rudström und Ruth Zaporah.

Torsten ist seit August 2011 anerkannter „Action-Theater-Teacher“. Seine Improvisations- und Performance-Arbeit wurde zusätzlich angetrieben von u.a. Satu Palokangas, deuffert&plischke, Andrew Morrish, Davis Freeman. Torsten arbeitet zusammen mit Wieland Härter das Improvisations-Duett „Raumnutzung Hartkohl“.

## Action Theater in Europe

### Etoile Chaville SOLO – Be your own Partner

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This workshop will give you the tools to build a clear and structured solo improvisation. Playing with sound, movement and language, you will learn how to shift from one mode to the other to widen the expressive range of your solo piece and how to stay with your material to add depth to the scene you are building. Performing in front of a partner, you will give and receive feedbacks from each other to reinforce the understanding of your own choices during the improvisation.

**22nd April, 12:00 - 14:30**

Festival pass

**Etoile Chaville** is a professional dancer and singer. She is also certified in yoga and Action Theater™. She regularly performs improvisational work characterized by a stunning mastership of both her body and voice, keeping them perfectly in sync with her emotions.

During the last 4 years she has developed a strong research in solo improvisations in collaboration with improviser Meltem Nil. Her Improvised Solo Piece «Silent Autoportrait 178 x 30» has been performed a.o. at Petunien improvisation series, Freistil/Tanzfabrik Berlin and at the poetry Festival organised by Sabine Venaruzzo in Museaav Nizza .



**Performance | Mime Centrum Berlin | 20:15**

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**Fri, 25th April**

*Etoile Chaville & Meltem Nil: Duo improvisation*

**Etoile Chaville** and **Meltem Nil** have been performing solo improvisation on stage for years. The artistic exchange with each other is very important to them. They are friends and for over two years, from 2009 to 2011, they practised solo improvisation together intensely. Now they have decided to show a duo. Two strong performers will be sharing the stage.

**Meltem Nil** studied visual arts at Akademie der Bildenden Künste Stuttgart. She studied contemporary dance and improvisation with choreographer Lisa Thomas. After taking part in workshops with Andrew Morrish she started solo improvisation in 2007. An other important teacher for her is Sten Rudstrøm. Together with Sandra Wieser she founded the improvisation series PETUNIEN at ada-Studio. ( [petunien.blogspot.com](http://petunien.blogspot.com) )



## Action Theater in Europe

### Kate Hilder

## Once more with feeling

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During these workshops you will be guided through the rich and powerful world of feeling - from the animal to the civilised, from the subtle to the wild.

Feeling states are passing through us all the time - sometimes we are aware of them and sometimes not. In these classes you'll explore many different ways of accessing these states - through voice, movement, recalling memories and engaging your eyes - and of communicating them to your partners and audience. You'll develop skills in connecting your movement, voice, body tension and emotional being so that they are all congruent. You'll also experiment with how feelings can generate images and narrative and how they can add atmosphere, mood and subtext to your improvisations.

**23rd April, 15:30 - 18:00**

**25th April, 12 - 14:30**

Mime Centrum Berlin, Festival Pass

**Kate Hilder** discovered Action Theater in 2000 when she met Sten Rudstrøm in San Francisco. Since then she has trained extensively with both Ruth Zaporah and Sten. She has been teaching this work since 2003 and leads weekly classes in London and in Brighton as well as workshops around the UK and Europe.

She performs solo, duet and group improvisations and is part of EAT - a European Action Theater ensemble. In 2009 she co-founded 'Stranger than Fiction', a monthly performance platform for improvised work in London and Brighton.

Kate has also trained with Andrew Morrish, Roy Hart Theatre Voice teachers and in dance improvisation. She practices Vipassana meditation and recently graduated as a Feldenkrais Method Practitioner. She enjoys bringing her experience of these different disciplines to her Action Theater teaching.



photo J. Anderson

### Performances | Mime Centrum Berlin | 20:15

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**Mon, 21st April**

*Kate Hilder, Solo improvisation*

**Thu, 24th April**

*EAT (European Action Theater Ensemble)  
Performance: Sten Rudstrøm, Sabine von der Tann,  
Peter Krempelsetzer, Kate Hilder*

## Action Theater in Europe

# Peter Krempelsetzer

## Solo: take heart!

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Improvising solo takes courage and simultaneously offers the freedom to follow your unique impulses and crazy ideas.

The right techniques and attitude can help you enter a creative flow and discover new material even at difficult moments. And you can find your own style with words, movement, physicality, sounding or singing.

We will practice entering that flow, not simply to survive our solos, but rather to enjoy ourselves in front of an audience. Step by step we will build from individual solo-practice as a whole group, to solos for 1-2 watchers with constructive feedback, to a short solo in front of the entire workshop-audience.

The self-trust and autonomy gained in solo-training also feeds our play in team-improvisations.

**25th April, 15:30 - 18:00**

Festival Pass

**Peter Krempelsetzer** has studied at Scuola Dimitri in Switzerland, also dance and improvisation. He has learned the Action Theater improvisation from its founder Ruth Zaporah and since 2007 he is Certified Teacher of Action Theater™. Peter is particularly interested in improvisation as an independent art form. In his productions he works across all divisions between theatre, music and dance. As an improviser he is a member of various ensembles. Peter lives in Munich and has founded there the ImproArt Improvisation School. He teaches theatrical improvisation, Contact Impro, Contango, dance theatre and performance.  
[www.improart.de](http://www.improart.de)



Performances | Mime Centrum Berlin | 20:15

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**Thu, 24th April**

EAT (European Action Theater Ensemble)

Performance: Sten Rudstrøm, Sabine von der Tann,  
Peter Krempelsetzer, Kate Hilder

**Sat, 26th April**

freefishing: Peter Krempelsetzer & Rahel Comtesse

## Action Theater in Europe

### Sten Rudstrøm Ta(l)king Your Head Off Dismantling the Left-Brain Conspiracy and Entering the Explosive, Colorful, Absurdity of Experiential Speech!

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In this workshop, you will explore an embodied way of speaking, using language that originates and resonates in the body. You will listen to your speech from a kinesthetic experience. You learn how to experience your language as you speak it and allow that experiencing to influence the manufacture of each new word. Our goal is that language be a transformational experience rather than a self-limiting, rational, judgmental arena. Ta(l)king Your Head Off is intended for experienced improvisers and those who already find joy in the use of language, as well as, those who hope to find that joy.

**21st April, 12 - 14:30**

**26th April, 15:30 - 18:00**

Mime Centrum Berlin | Festival Pass

**Sten Rudstrøm** has worked for over 25 years with Ruth Zaporah, the developer of the improvisational performance training process Action Theater™. Sten's workshops and performances have garnered wide respect and critical acclaim throughout the USA and Europe. His high-energy trainings articulate and promote the development of stronger performance skills.

[www.stenrudstrom.com](http://www.stenrudstrom.com)



photo J. Anderso

**Performances | Mime Centrum Berlin | 20:15**

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**Sat, 19th April, 20:30 OPENING NIGHT**

*Sten Rudstrøm & Sabine von der Tann*

**Wed, 23rd April, 20:15**

*Sten Rudstrøm: Solo improvisation*

**Thu, 24th April, 20:15**

*EAT (European Action Theater Ensemble)*

*Performance: Sten Rudstrøm, Sabine von der Tann,  
Peter Krempelsetzer, Kate Hilder*

**Fri, 25th April, 20:15**

*Streugut, Improvisation*

*Performance: Ingo Reulecke, Martin Clausen,  
Sten Rudstrøm, Zufit Simon, Alexander Fragenheim*

## Action Theater in Europe

# Sabine von der Tann

## Dynamics and musicality

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In this workshop we will explore the dynamic of actions in ensemble work. We will focus on pauses being a vital part in the music of vocal and physical improvisation. We will learn to listen carefully and develop a deeper understanding of how the musicality can nourish the instant composition and be our guideline through the process of improvisation.

**24th April, 15:30 - 18:00**

Festival Pass

**Sabine von der Tann** holds a degree for rhythmic-musical education from Folkwang University Essen, a Master of Arts in Dance Movement Therapy, USA, and has been a trainer for DGT. She is a certified senior teacher of Action Theater™ and continues to study the art of improvisation. After having lived in New York and in Berkeley she moved to Berlin in 2004, where she is involved in teaching, performing and writing.  
[www.sabinevondertann.de](http://www.sabinevondertann.de)



photo Anna Rozkosny

### Performances | Mime Centrum Berlin | 20:15

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**Tue, 22nd April**

*Sabine von der Tann, Nothing is, bu everything. Solo improvisation*

**Thu, 24th April**

*EAT (European Action Theater Ensemble)  
Performance: Sten Rudstrøm, Sabine von der Tann,  
Peter Krempelsetzer, Kate Hilder*



Action Theater in Europe

theater kreatür

pretending not to be surprised

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Performance | Mime Centrum | 20:15

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**Sat, 26th April**

*theater kreatür, pretending not to be surprised*

*performing: Marion Becker, Markus Hoft, Kristina Matthiesen, Felix Quadflieg, Ursula Sapel*

## Action Theater

# Özge Tomruk

## Shades, shapes, faces

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In this workshop we will explore the visual arts & Action Theater relationship by working with shades, shapes and faces. We will examine the moment to moment changing improvisation phenomena using photographs and video. Please bring a digital camera / a smart phone etc.

**Özge Tomruk PhD**, researcher, drama teacher, performer. She studied Theater, Film and Media Studies, combined with Gender Studies and Communication Studies at the University of Vienna and received her PhD with a dissertation entitled "Training for Life, Methods of Improvised Theater: Action Theater™ and the Forum Theatre. Perception-Awareness-Change". Lecturer in theater and aesthetic education. <http://impro-tomruk.de>

**21st April, 15:30 - 18:00**

Mime Centrum Berlin, Festival Pass



photographer kirsten heuschen

Action Theater in Europe

wedontdothat

come and see what we do do!

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photo J. Anderson

Performance | Mime Centrum | 20:15

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**Wed, 23rd April**

*Impro Ensemble Wedontdothat*

*Performing: Jagna Anderson, Martin Bruders, Edith Eckholt, Laura Ender, María Ferrara,  
Asher Levin, Felix Quadflieg, Nina Selchow, Stefanie Tübinger*

## Physical Improvisation

### bodily functions impro company

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Performance | Mime Centrum | 20:15

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Sun 20th of April  
Mime Centrum Berlin

*bodily functions company: jagna anderson | maría ferrara | dodi helschinger | asher levin | nina selchow*

#### **bodily functions:**

function = a formal occasion

function = the specific role of an agent

function = a relationship in which the variables determine each other

body = the material structure of an organism

body = an individual or group of individuals

body = consistence

therefore,

an occasion in which something is formed by a consistent cluster of interdependent individual organisms performing their roles. or a gang of breathers and sweaters (not pullovers).



Physical Improvisation

## alessio castellacci the synesthetic voice

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Sound is vibration : therefore movement in its most subtle essence.

This workshop will deal with two fundamental aspects of the voice & movement practice:

the experience of the voice as a tangible vibration produced in the body, and the exploration of free-associative, multi-sensory perception (synesthesia), which can trigger spontaneous imagery to be used in improvisation.

By working with sensory deprivation (eye/ear), as well as free associative techniques from the dada/surrealists (automatic drawing, writing, speech) and with authentic movement and toning, we can create space for the subconscious body to emerge to the surface of our presence, allowing our inner landscape to disclose and articulate to the outside. To shift our inner focus from the worry of producing material, to the one of allowing and following what is already happening in our vocal-moving presence.

**23rd April, 12:00 - 14:30**

Mime Centrum Berlin | festival pass



**Performance | Mime Centrum Berlin | 20:15**

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**Sun, 20th April**

Alessio Castellacci & Friends (tba), *short improvisations*

**Alessio Castellacci** is a performer, teacher and sound composer based in Berlin since 2007. In the last ten years he has developed a pedagogical approach to voice & movement exploration which he teaches regularly throughout Europe. He is member of the collective Fingersix, and the artistic director of the program for training in experimental performance SMASH Berlin.

[www.smash-berlin.com](http://www.smash-berlin.com)

[www.fingersix.com](http://www.fingersix.com)

[www.soundingbodies-movingvoices.com](http://www.soundingbodies-movingvoices.com)

## Physical Improvisation

### Jenny Haack

#### catch the curve no. 1

**Jenny Haack** lives and works in Berlin. She trained as a contemporary dancer and holds a master of arts degree. With a background in New Dance, Performing and Visual Arts (*M.A. University for Fine Arts Braunschweig 2003* / 2 years Certificate program for New dance, *bewegungsart Freiburg 1997-99*), she focusses on Instant composed performing currently.

Other Stations:

2013/14 Founder of b.arts.u- berlin arts united gemeinnützige UG

2013 Launching Improvisation Xchange Berlin festival

2006 Co- founder ada Tanz- und Studiobühne Berlin with Gabi Beier

2005 Scholarship for dance, Senat für Wissenschaft, Forschung und Kultur, Berlin

2004 Kunstpreisträger/ working grant, Braunschweigischer V. Kloster- und Studienfonds

2000-02 Artist in residence, Artblau Tanzwerkstatt Braunschweig

„My movement practice has mainly been influenced by New Dance, Contact Improvisation, Butoh and working in nature with Suprpto. My dance and video works have toured and been awarded prizes.

I am a mother of a 4 year old son." *Jenny Haack in January 2014*



© Jenny Haack 2014, photographer: Anja Weber

Performance | Mime Centrum | 20:15

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Tue, 22nd April

*Jenny Haack, catch the curve no. 1*

## Physical Improvisation

# Trinidad Martínez

## immediate short performances

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In which way we get influenced by an outside viewer? How can we learn from watching? Is there a real difference between dancing and watching? From where do we grab our inspiration? Can we witness and let ourselves be transformed by what we saw? Can we build up a score of overlapping ideas? How do we offer feedback? The point of depart will be to get into our grounded and awaken body from which we will generate immediate short performances.

*I am interested in exploration and expression through movement in any of its artistic forms, whether it is called dance or not. I search for new vocabularies by breaking from my own esthetic and emotional limits. I believe in working in a group and I'm passionate about sound and music, but silence also can sometimes guide me in new ways.*

**Trinidad Martínez** is a freelance choreographer, dancer and dance teacher. She is initiator and co-director of inesperadamente: improvisation – movement – performance – contact – sound; which takes place in Murcia, Spain. She worked recently with Antje Pfundtner, in Hamburg and Pat Graney Dance Company and Degenerate Art Ensemble in Seattle. In 2007 she went to the United States on a Fulbright Fellowship to expand her knowledge of dance improvisation. She has offered intensive dance workshops and regular classes since 1998. She founded the Magpai Production Group in Hamburg with the musician Dayton Allemann. From 2003 to 2007 they were part of the artistic collective La Fragua, Murcia, Spain.  
[www.entre-lineas.net](http://www.entre-lineas.net)    [www.inesperadamente.net](http://www.inesperadamente.net)



### Performance | Mime Centrum Berlin | 20:15

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**Sa, 26th April**

*trozos de chocolate*

Concept: **Trinidad Martínez**

Performing: **Ingo Reulecke, Markus Hoft,**

**Trinidad Martínez**

**+ Biliana Voutchkova (violin) & Klaus Janek (bass, electronics)**

*I need to meditate every day, otherwise life is on top of me. I construct life from little bits: like those in which the eyes of two people meet and shine. I get inspiration from the outside to be in the inside.*

*I like looking through the window of my room.*

## Physical Improvisation

### Susanne Schmitt just another failure

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Susanne Schmitt improvises (theatrically) with body, voice, emotions and images, theatrical. Sometimes she uses musical instruments, sometimes she doesn't.

**Susanne Schmitt** is a berlin-based drama teacher and performer. She performs in different contexts with different ensembles and solo. Her stages are theaters, bars, variety shows, conferences and the street. She's been researching on humor (e.g. clowning), singing and voice, different movement and improvisation forms and methods, and on fooling (Franki Anderson).



photo Slippylens

Performance | Mime Centrum | 20:15

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Mon, 21st April

*Susanne Schmidt, just another failure*



## Physical Improvisation

### Johanna Seiler

## Touching the art and experiencing the joy of vocal improvisation

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The form of free vocal improvisation I practice and teach has many fascinating facets. As an art form in my opinion its ultimate demand is the synthesis of fully authentic vocal expression and musical mastery. As a learning ground it offers not only a path to deepened musical and vocal skills, but also to self-awareness, to personal development through discovering and overcoming hindering beliefs and communication patterns, to inner freedom and most of all to great joy!

Well, we cannot go all the way in this short time ... but we will definitely get to the joy part – in structured as well as in free ensemble improvisations. You will explore the roles of accompanying (supporting), soloing (leading) and of equal communication – which are as important in improv as in other areas of life – and you will experience or deepen your connection to your voice, your musical inspiration and intuition.

You are very welcome to join – whether you are an experienced improviser/ vocalist or completely new to the subject.

**Tue, 22nd April, 15:30 - 18:00**

Mime Centrum Berlin | festival pass

**Performance | Mime Centrum | 20:15**

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**Wed, 23rd April**

*Johanna Seiler & Rahel Comtesse,  
„Hear & Wow! – Duo“ Vocal Impro*

*Dedicated to the art form of a cappella improvisation the well attuned vocal duo Johanna Seiler (Berlin) and Rahel Comtesse (Munich) appears on stage with fully improvised concerts:*

*Each of their unique and stylistically diversified pieces emerges solely from their collective inspiration of the moment –  
The Duo and their stage guests: A special night of music!*



**Johanna Seiler** (Berlin) is a graduate concert pianist, composer, choir leader, vocal improvisational artist and coach for a cappella improvisation and personal development.

As vocal performance artist she gives fully improvised a cappella duo- and trio- concerts and leads choral improvisation events (Circle Songs) with up to 1500 "singers or non-singers".

As composer she writes a wide variety of music including the complete repertoire for the Berlin Seiler Choir, which she founded and leads. As improv-coach she teaches workshops for amateurs as well as for professional musicians (master classes) in numerous European cities.

Her pedagogical approach is supported by 30 years of stage experience and 20 years of coaching experience.

[www.johannaseiler.com](http://www.johannaseiler.com)  
[to@johannaseiler.com](mailto:to@johannaseiler.com)

Physical Improvisation

streugut  
improvisation

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Performance | Mime Centrum | 20:15

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**Fri, 25th April**

*streugut, ensemble improvisation*

*performing: Ingo Reulecke, Martin Clausen, Sten Rudstrøm,  
Zufit Simon, Alexander Fragenheim*

Physical Improvisation

## Ilka Metzner & ViewpointEnsemble The Recoverd Flies

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A cooperation of once broken bodies based on Viewpoint training.



Performance | Mime Centrum | 20:15

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*ViewPointEnsemble, The Recovered Flies*  
*Project directed by Ilka Metzner, Patricia Rigg, Philippe Petit*

### **ViewPointEnsemble**

2011 the start of the collaboration of Ilka ,Patricia und Philippe  
2012 Viewpointperformance about „Who is afraid of Virginia Woolf ?“  
Fall 2012 Audition Ensemble VP  
Summer 2013 Viewpointperformance „Too much is not enough“