



CSU SUMMER DANCE WORKSHOP 2016

Schedule, Class Descriptions, & Artist Bios

WEEK ONE

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CONTEMPORARY TECHNIQUE with **ADAM BARRUCH**

JUNE 27 – JULY 1 | 10:15 - 11:45 am

*In partnership with GroundWorks DanceTheater

> Beginning on the floor, dancers are led through physical imagery exercises, based in the Alexander Technique, to awaken and organize the body, as well as to tune into the tactility of the limbs on the floor. Dynamic floor sequences continue to warm and open the body while encouraging sequential, joint-articulated physicality. Utilizing the floor, dancers explore momentum of skeletal initiations and efficient muscularity of the body. Investigation of how anatomy can either inhibit or encourage continuity of movement will be emphasized. Initial phrases build to seamlessly bring dancers into standing movements that aim to stabilize and continue the body's connection with the ground. Exploration of physical textures and coordinations expand--challenging the retention of a pliant, seamless and organic flow-through in motion. Traveling movement phrases explore complex port de bras, great shifts of weight and circular patterning. Sequences will aim to break down and analyze different modalities of movement frequently occurring in contemporary choreographic processes.

ADAM BARRUCH began his career as a young actor, performing professionally on Broadway and in film and television, working with prominent figures such as Tony Bennett, Jerry Herman and Susan Stroman. He later received dance training at LaGuardia High School for Music & Art and Performing Arts. After three years, he graduated early and was accepted into the dance department at The Juilliard School. As a dancer he has performed the works of Jiri Kylian, Ohad Naharin, Susan Marshall, Jose Limon, Daniele Dèsnoyers, and was a dancer with Sylvain Émard Danse in Montreal. Based in Brooklyn, Adam currently creates and performs work under the epithet of his own company, Anatomiae Occultii.

As a choreographer, Adam's work has been presented at The Joyce Theater, Dance Theater Workshop, City Center, NYU/ Skirball Center for the Performing Arts, The Juilliard School, The Baryshnikov Arts Center, Ailey-Citigroup Theater, The 92Y: Buttenweiser Hall, Jacob's Pillow: Inside/Out, LaMaMa, The Cedar Lake Theater, Gina Gibney Dance Center, The Harris Theater, The Museum of Contemporary Art Chicago, The Cowles Center, The Yard on Martha's Vineyard, Bates Dance Festival & Theatre Usine C in Montreal. He has also taught technique and repertory at Princeton University, The Boston Conservatory, The Ailey/Fordham B.F.A. Program, Marymount Manhattan College, The Martha Graham School, The Hartt School, The Conservatory of Dance at Purchase College and West Virginia University.



WEEK ONE

Adam was selected as a participant in the 2011 Alvin Ailey Dance Foundation New Directions Choreography Lab made possible by generous support from the Ford Foundation. His short-film collaboration with filmmaker Nel Shelby, *Folie a Deux*, was screened at the Dance On Camera Festival in Lincoln Center in 2012. In June 2013, Adam performed a full-length evening solo work, *My Name is Adam*, at Joe's Pub commissioned by DanceNOW NYC, and was a recipient of a Late Stage Production Stipend from the Mertz Gilmore Foundation. In addition, he has also created works for companies such as Ailey II, Keigwin + Company, Ririe-Woodbury Dance Company, River North Dance Chicago, BalletX and Minnesota Dance Theatre, as well as for dance icons Margie Gillis and Miki Orihara. Adam has also choreographed two music videos for Tokyo based musical act mishmash*.

Adam was the recipient of a 2014 Lotos Foundation Prize in the Arts and Sciences, which recognizes institutions and individuals for distinguished accomplishments and exceptional talent in the arts and sciences. In September 2015, Adam Barruch was the choreographer-in-residence at the Lobero Theater in Santa Barbara, California as part of the 2015 DANCEworks Residency. He is currently working on a new physical theater production of Stephen Sondheim's *Sweeney Todd: The Demon Barber of Fleet Street*.

FREE SPECIAL OFFERING:

GROUNDWORKS DANCETHEATER STUDIO SHOWING of work-in-progress by Adam Barruch
WED, JUNE 29 | 12:00 noon – 12:45 pm

WEEK TWO

CONTEMPORARY TECHNIQUE with HELANIUS WILKINS

JULY 5 – 8* | 10:15 - 11:45 am

***No class Mon, July 4 (CSU closed)**

> Designed to deepen studies in contemporary dance, participants are encouraged to find the joy of “daring dance” by engaging in physical practice and discussion-based processes that fuse exploration of velocity, weight, gesture, and gymnastic principles with technique as conditioning work, mental training, and building strong performance skills. Concepts introduced and practiced through improvisation, floor and center technique sequences, and traveling combinations. Ultimately, this class enables participants to increase their sense of body awareness and connectivity, explore expressive range, identify personal preferences while broadening movement possibilities, and manipulate movement ideas through the performance of choreography.



Photo: Angelisa Gillyard

WEEK TWO

HELIANUS J. WILKINS, a native of Lafayette, Louisiana, is an award winning choreographer, performance artist, scholar, and instructor. Currently a Visiting Professor at Texas Christian University in the School of Classical & Contemporary Dance in Fort Worth, TX, he lived in Washington, D.C. for eighteen (18) years and founded EDGEWORKS Dance Theater, an all-male dance company of predominantly African-American men that existed for thirteen (13) years (2001 - 2013). His honors include the 2008 Pola Nirenska Award for Contemporary Achievement in Dance, DC's highest honor given by the Washington Performing Arts Society; the 2002 and 2006 Kennedy Center Local Dance Commissioning Project Award; and multiple

Metro DC Dance Awards. He was a three times finalist for the D.C. Mayor's Arts Awards and Bates Dance Festival, one of the premiere festivals in the United States, named him their 2002 Emerging Choreographer. A graduate of SUNY Brockport, Wilkins returned to the university setting in Summer 2011 as an extension of his artistic journey, and earned an MFA in Dance from George Washington University. Prior to attending SUNY Brockport, Wilkins attended the Rochester Institute of Technology where he studied Film & Video Production.

In addition to performing the works of nationally recognized choreographers including Robert Moses, Earl Mosley, Joy Kellman, Troy Powell, Gesel Mason, and Kevin Wynn, he performed with Present Tense Dance Company (Upstate NY) as well as with Maida Withers' Dance Construction Company (DC), and as a guest with the Liz Lerman Dance Exchange (MD). He has equally enjoyed creating, presenting, and receiving commissions for choreography throughout the United States and abroad. To date, he has choreographed and directed over 60 works, which includes two critically acclaimed musical productions for Washington, DC's Studio Theater – "Passing Strange" (2010) and "POP!" (2011). Foundations and organizations such as New England Foundation for the Arts (National Dance Project), National Performance Network (NPN), D.C. Commission on the Arts and Humanities, and the National Endowment for the Arts have supported his work. Wilkins teaches professional and pre-professional dancers as well as students of various ages and levels of skill. He has served as an adjudicator and master teacher at American College Dance Association conferences (formerly American College Dance Festivals) in 2004, 2005, 2007, and 2010 - 2014. He most recently completed visiting professor and guest-artist-in-residence appointments at Slippery Rock University in Slippery Rock, PA (Spring 2014) and American University in Washington, D.C. (Fall 2014). He most recently completed a visiting professorship in the Department of Theatre and Dance at the University of Colorado Boulder where, in August 2016, he will continue on as a tenure-track Assistant Professor in Dance. www.helaniusj.com

NOONTIME CHAT with HELANIUS WILKINS

WED, JULY 6 | 12:00 noon – 12:45 pm

>Share a "behind the scenes" conversation with Helanius Wilkins as he discusses his creative process and choreographic interests, as well as offers demonstration of his work.

FREE SPECIAL WELLNESS WORKSHOP:

FOAM ROLLING & SELF CARE with RELEVATION PHYSICAL THERAPY & WELLNESS

FRI, JULY 8 | 8:45 - 10:00 AM

***Space is limited (priority given to registered Summer Dance Workshop participants)**

***RSVP required: scareyCSU@gmail.com**

> Hands-on workshop focusing on the use of foam rolling and other techniques to decrease pain or muscle soreness and increase range of motion and flexibility. Gain a basic understanding of body mechanics and common injuries.

Foam rollers will be provided (or bring your own if preferred).

Wear comfortable, fitted clothing (think yoga or Pilates attire). RSVP required: scareyCSU@gmail.com

***Avoid loose clothing, hair, or accessories that might get caught under roller.**



WEEK TWO

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JENNIFER HENRY, PT, DPT, MPH earned her Doctor of Physical Therapy degree from Northwestern University. She has been practicing for nine years and has seven years of private-practice management experience prior to moving to Cleveland. Her clinical skills focus on sports rehabilitation including running analysis, cycling and bike fit, as well as general orthopedic pain and injury. In addition, she has a special interest in the performing arts including treating musicians to help them rehab and prepare for their upcoming events. In order to support her patients' goals in returning to their sport, being pain-free at their desk, or hitting the stage, she combines her manual therapy skills, exercise knowledge, sports-specific skills, and Pilates certification to develop personalized, research-based, effective treatment programs. Jen also has a background in community health promotion and disease prevention with a Master of Public Health degree from George Washington University. She spent five years working on health policy in Washington, DC and feels passionately about using health education and movement to promote community wellbeing and empowerment. She is a dedicated Wolverine fan having earned her Bachelor of Science from the University of Michigan. She also serves as part-time faculty in the physical therapy program at Cleveland State University.



DAVID J SKRAJNER, PT, DPT was born and raised in the Cleveland suburb of Euclid, Ohio. After graduating from St. Ignatius High School, he went on to earn degrees from both the University of Notre Dame and Slippery Rock University, where he earned his clinical doctorate in physical therapy. David has worked extensively in the field of orthopedic rehabilitation over his 9 year career, specializing in disorders of the spine and extremities. He is a certified Pilates instructor through Balanced Body, a national leader in Pilates education and equipment. His special interests include the treatment of performing artists and the use of dry needling for the treatment of myofascial pain.

CONTEMPORARY TECHNIQUE with **LESLIE DWORKIN**

JULY 11 – 15 | 10:15 - 11:45 am

> Ride the Wave, Feel the Fall: These release-based classes play with the balance between ease and power, fluidity, specificity, and detail. Gaining inspiration from a variety of somatic techniques including qigong, Bartenieff Fundamentals, and improvisation, we harness our attention and access our breath, weight, soft joints, and a sense of connectivity. Beginning on the floor, progressing through standing exercises and long phrase material, we will explore moving with greater expression and refinement—taking that grounded ease into complex spirals, spinal articulation, and off-balance movement that is dynamic, joyous, and fully charged.

***Be prepared with kneepads to move in & out of the floor.**

LESLIE DWORKIN is an independent dance artist who has recently relocated to Ohio. She has performed internationally as a member of the Melanie Stewart Dance Company and the



Leah Stein Dance Company, in the original works of Ralph Lemon, Maureen Fleming, and Kei Takei, and in the works of countless independent artists. Dworkin's work has garnered much choreographic support; most recently, she received the Ohio Arts Council Individual Artist Excellence award FY2016, and has received funding from the Pew Charitable Trusts, Pennsylvania Council on the Arts, a Djerassi Fellowship, and Movement Research Exchange in NYC. She has had performance residencies at the Edinburgh Fringe Festival, Joyce SoHo, Movement Research in NYC, Jacob's Pillow, Performática in Puebla Mexico, and WAVE RISING Dance Festival in NYC, to name a few. Leslie has taught as a Visiting Assistant Professor and guest artist in numerous dance departments throughout the U.S., including UCLA, UNC/Greensboro, Oberlin College, University of Texas/Austin, and Ohio University. She received her MFA in Choreography from Temple University and is a certified yoga and qigong instructor. She currently teaches dance, yoga, and qigong/tai chi, and maintains a private practice in central Ohio as a *Trager* bodywork practitioner.

FREE SPECIAL OFFERINGS:

DANCE ACTIVE! with TAMMY METZ STARR

TUES & WED, JULY 12 & 13 | 12:15-1:30 PM

***RSVP required: scareyCSU@gmail.com**

*>Dance Active! incorporates elements of modern dance, yoga, and social dance forms to get the mature body moving in a fun way. Exercises are designed to meet strength, flexibility, and balance activity recommendations to maintain physical fitness and health. Movement combinations can be adapted for a variety of functional and fitness levels. No previous dance experience is necessary. *RSVP required: scareyCSU@gmail.com*

TAMMY METZ STARR collaborates in life with partner John, and children Dane, Summit, and Iris, while working as a physical therapist in skilled nursing in Northwest Ohio. She also regularly interacts with the dance communities at Bowling Green State University and Cleveland State University, creating choreography, or using dance to fulfill the exercise needs of older adults. As a modern dance artist, Starr often draws from Asian movement forms to inform the texture of her performance, choreography, and teaching. Starr holds a special interest in dance as a vehicle to enhance movement, function, and quality of life in individuals with neurodegenerative conditions such as Parkinson's disease and dementia. She currently works closely with the Wood County Committee on Aging and the Montessori School of Bowling Green to offer dance/exercise programming to individuals and caregivers dealing with those conditions. Starr holds degrees in physical therapy (DPT, University of Toledo, 2014) and dance performance and choreography (MFA, University of Hawai'i, 1999).



Photo: Brad Phalin

NOONTIME CHAT with LESLIE DWORKIN

THUR, JULY 14 | 12:00 noon – 12:30 pm

> Get to know Leslie Dworkin as she discusses her creative process and shows a sample of her work.

WEEKS 1, 2, and 3

SOMATIC TECHNIQUES

MON-FRI, JUNE 27 – JULY 15 | 8:45 – 10:00 am

PILATES & BARTENIEFF FUNDAMENTALS with *Lisa DeCato*

Mondays, Wednesdays, and Fridays (no class 7/4)

> Sessions will explore personal body awareness in terms of dynamic alignment and total body organization. Healthier movement patterns will improve posture and balance, enhance mobility and stability and develop core strength integration. Using Bartenieff Fundamentals and Pilates we will discover a more articulate body for all aspects of movement in your life.

LISA DECATO is a Certified Movement Analyst (CMA) and an adjunct professor in the Dance Department at Cleveland State University. Lisa has an extensive background in teaching movement somatics and applied kinesiology. She is the co-founder of the Learning Partners Group where she is a consultant developing programming to better understand the integration of the learning process and the body. Lisa received an MFA in dance from the Ohio State University & continues to study dance, yoga, and Pilates.



YOGA with *ERICA EUFINGER STEINWEG*

Tuesdays and Thursdays

> Yoga informed by the Iyengar style is a wonderful complement to a dancing life. In this method, attention to postural detail helps to infuse the body with the mind's awareness, illuminating new possibilities that can be applied to the stillness of asana and sweeping across the floor.

ERICA EUFINGER STEINWEG, RYT began her career in movement as a dancer. She has a BFA in modern dance from the University of Utah, has attended Jacob's Pillow, and danced professionally in the Cleveland area with the Repertory Project. In yoga, Erica holds a certificate in Iyengar yoga and teaches at the Cleveland Center for Eating Disorders as well as The Yoga Room and Cuyahoga Community College.



For more information about CSU Summer Dance Workshop:

CSU Theatre & Dance [Website](#)

CSU Summer Dance 2016 [Calendar](#) (Google)

Contact Sarah at: scareyCSU@gmail.com