

CSU SUMMER DANCE 2021

Schedule, Class Descriptions, & Artist Bios

Website: <http://www.csuohio.edu/class/theatre-dance/csu-summer-dance>

***Artists & activities subject to change due to COVID-19**

JUNE 7 – 11 | 10:15 - 11:45 am

CONTEMPORARY TECHNIQUE with **JENNA RIEGEL**

> **Class Description:** *Class will begin with floor work, yoga and Pilates stretching and strengthening and improvisation to build warmth, ease us into motion, find agility and help us arrive more fully present in our bodies. Introductions to one another will be made with a name circle, contact improvisation exercises or interactive warm-up exercises in order to build a sense of trust and community together. Center standing work will draw upon a combination of release technique and ballet to align, balance and increase awareness of energetic efficiency and ease. Head/tail exploration and spinal articulation will be integrated into more traditional foot and leg exercises. Across the floor phrase-work will oscillate between imagery and task-based veracious improvisational scores and rigorous locomotion, athletic inversions and ambitious lofting. A culminating phrase will challenge the polarities of movement and investigate both off-balance and centered movement, bound and released, sustained and staccato, momentum driven and spatially controlled, on the floor and in the air, and sensation-based and shape-based movement. A friendly, uplifting, non-judgmental class culture will be attended to by steering clear of the binary of right and wrong and instead directing attention to cause and effect, the action and results of our choices. Personal findings will be encouraged to be shared to expedite learning within our community. Individualism will be honored and upheld even as profound body awareness and ability to replicate outside material is practiced. Enjoyment and fun will be contagious and inevitable!*



JENNA RIEGEL, originally from Fairfield, Iowa, is a dance artist, maker and educator. Jenna holds an M.F.A. in Dance Performance from the University of Iowa and a B.A. in Theatre Arts from Maharishi International University. During her eleven year performing career in NYC, Jenna danced with Daara Dance (choreographer Michel Kouakou), Carolyn Dorfman Dance Company, Shaneeka Harrell, Tania Isaac Dance and Johannes Weiland. She toured and performed nationally and internationally as a company member of David Dorfman Dance, Alexandra Beller/ Dances, Bill Young/ Colleen Thomas & Company and the Bill T. Jones/Arnie Zane Company. Jenna taught classes in contemporary technique in New York City at Gina Gibney Dance Center, New York Live Arts, Mark Morris Dance Center and 100 Grand Dance. She has been on faculty in the dance departments of Barnard College, The Juilliard School and Virginia Commonwealth University. In addition, she has taught master classes at The Joffrey Ballet School, Columbia College, NYU, The New School, Ohio State University, SUNY Purchase, Bard College, Connecticut College, Hollins University, Dartmouth College, Williams College, Skidmore College, University of Maryland, University of California-Berkeley, the American Dance Festival and the Bates Dance Festival. Jenna is currently an Assistant Professor of Theater and Dance at Amherst College.



Photo by Jeffrey Kaphan

JUNE 14 – 18 | 10:15 - 11:45 am
CONTEMPORARY TECHNIQUE with HELANIUS WILKINS

> **Class Description:** *FRAMEWORK, an evolving practice developed by Helanius J. Wilkins, is a rigorous practice that transforms technique class into a laboratory for examining, exploring, and discovering bodily movements in real time. Informed by architectural concepts, the joy of daring dance is experienced through the activity of framing and re-framing structures where individual and collective discoveries can be made. Structures, cued by action narratives that serve as a guide for participants, meld notions of space together with ways of communicating through the body.*



Photography courtesy of Christopher Michael Carruth
 © 2020

FRAMEWORK, as a movement technique, is a viscerally charged ongoing practice, resembling a ritual that employs recovery through activity. Specific design, time, and effort modules are built resulting in choreographic phrases and expressions. By assembling structures for students to inhabit, the ultimate goal of FRAMEWORK is to question communication, refine technical ability and artistry, and interrogate one's interior material. When fully committed to the rigors of the work, sensory engagement can be triggered bringing these architectural spaces to life.

HELIANUS J. WILKINS, a native of Lafayette, Louisiana, is a choreographer, performance artist, innovator, and educator. He lived in Washington, D.C. for 18 years and founded EDGEWORKS Dance Theater, an all-male dance company predominantly of African American men that existed for 13 years (2001 - 2014). His honors include the 2008 Pola Nirenska Award for Contemporary Achievement in Dance (given by WPAS), and the 2002 and 2006 Kennedy Center Local Dance Commissioning Project Awards. To date, he has choreographed and directed over 60 works, which includes two critically acclaimed musical productions for Washington, DC's Studio Theater. He has performed his works throughout the U.S. including venues in Arizona, Pennsylvania, New York, Washington DC, and in Massachusetts at Jacobs' Pillow Dance Festival; and internationally in Lithuania, Scotland, Switzerland, and South Africa. Foundations and organizations including New England Foundation for the Arts (National Dance Project), National Performance Network (NPN), the Boulder Office of Arts & Culture Public Arts Program, D.C. Commission on the Arts and Humanities, and the National Endowment for the Arts have supported his work. He is a member of the National Board of Directors of the American College Dance Association (ACDA) for the Northwest region, the Colorado Tourism Office (CTO) Travel Inclusivity Advisory Group, and was appointed in 2018 by Governor Jared Polis to the Colorado Council on Creative Industries. He is based in Boulder, CO where he is Associate Chair and an Assistant Professor of Dance at CU Boulder.

<https://www.helaniusj.com/>

JUNE 21 – 25 | 10:15 - 11:45 am
CONTEMPORARY TECHNIQUE with TEENA MARIE

> Class Description: *Class will help students refine their connection to core strength and release of the spine, while finding seamless transitions through rhythm and breath. This contemporary movement class is influenced by various street dance forms of house, breaking, and waacking. Students will experience the joy of movement through the lens of social dance and community building, as well structured exercises and improvisation.*

TEENA MARIE is an artist, dancer, and healer based in Pittsburgh, PA. She is a Usui certified Reiki Master and Intuitive Counselor. As a professional dancer she offers chakra balancing movement classes as well as workshops in street/club dance styles. She is a member of Bessie Award winning Ephrat Asherie Dance in NYC, as well as street dance crews Venus Fly and Get Down Gang. As an artist she has toured her solo street dance theater work nationally and internationally, has been a guest artist at over 35 universities. She has an MFA in Performance from The Ohio State University, and was on faculty in the Department of Dance at Slippery Rock University for 14 years.



SOMATIC TECHNIQUES with LISA DECATO and ERICA STEINWEG

Weeks 1, 2, & 3 (M-F) | 8:45 am – 10:00 am

PILATES & BARTENIEFF FUNDAMENTALS with LISA DECATO

> Sessions will explore personal body awareness in terms of dynamic alignment and total body organization. Mindful 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

> 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 The Emily Program -- an eating disorder treatment center, as well as The Yoga Room and Cuyahoga Community College.

**Participant spaces are limited. Public health & CSU safety guidelines will apply.*

LOCATION OF CLASSES: CSU Arts Campus, Middough Building (5th Floor), 1901 E. 13th Street,

MORE INFO & TO REGISTER: <http://www.csuohio.edu/class/theatre-dance/csu-summer-dance>