

# Cleveland State University Summer Dance Workshop 2014

July 7-25

## Contemporary Technique Classes with:

- Johannes Wieland
- Kelsa Robinson
- Amy Miller
- Helanius Wilkins

## Somatic Techniques:

- Pilates w/ Lisa DeCato
- Yoga w/ Erica Steinweg

**Special Offerings** include studio showing of new work in progress with GroundWorks DanceTheater, creative process sessions with Amy Miller, meet the artist discussions, Dance Active with Tammy Metz Starr and more. ...



## SOMATIC TECHNIQUES

DAN 424/524 (1 credit)

Monday –Friday, 8:30 am-9:45 am

Study in the methods of somatic training and its application to the moving body including Pilates Mat and Ball Work, an exercise-based system that aims to develop the body's "center" to create a stable core for efficient and effective movement and Yoga, establishing principals for optimal alignment and balanced energetic action. No previous dance experience required.

## CONTEMPORARY MOVEMENT TECHNIQUES

DAN 473/573 (1 credit)

Monday– Friday, 10:00 am-11:30am

This technique class incorporates material from a variety of sources, ranging from release-based work connecting with the ground to an eclectic series of standing contemporary sequences. Classes explore various elements including a weighted and grounded approach to moving, harnessing the body's momentum and force, and improvisational techniques.

## MIX AND MATCH

DAN 499/599(1 credit)

Mix and Match is a grab bag of 15 classes– your choice– from among the three fabulous weeks of Summer Dance!



# CSU SUMMER DANCE WORKSHOP 2014

## Artists and Schedule of Classes

### WEEK ONE

## JOHANNES WIELAND

July 7, 8, 9 10-11:30 AM

CONTEMPORARY TECHNIQUE



**JOHANNES WIELAND** is the Artistic Director/Choreographer of the resident dance company at the State Theatre of Kassel, Germany. A native German and former principal dancer with the Béjart Ballet Lausanne and Berlin's State Opera, he established his company, johannes wieland, in New York in 2002. Since then, he has been developing a singular body of work that has garnered critical acclaim from The New York Times, Time Out New York, The Village Voice, and many other national and international publications, amongst them Dance Magazine, which cited him as one of the "25 to Watch" in January 2003. His duet, shift, won Germany's 2004 Kurt Jooss Prize and he is also a winner of the 2004 Hubbard Street 2 National Choreographic Competition. In addition to leading his own companies, Wieland was Associate Artistic Director of PARADIGM (New York), and is a guest choreographer and teacher at companies and schools around the world. He holds a BFA from the University of Amsterdam, and an MFA from NYU/Tisch School of the Arts.

**CLASS DESCRIPTION:** Partnering/Improvisation Workshop - During the classes, phrases will be created in a collaborative process and we will experiment with related movement ideas and explore their possibilities. The classes will help to build a relationship of trust and getting familiar with the weight of your partner; we will deal with basic principles like weight sharing, working with a common balance and moving in a common rhythm, and we will explore relationships between couples such as dependency, manipulation and support.

**SPECIAL OFFERING:** July 9, 12 noon - 1:00 PM: GroundWorks DanceTheater will present a free informal showing of Wieland's new work in progress created for the company.

# KELSA ROBINSON

July 10 and 11

10-11:30 AM

CONTEMPORARY TECHNIQUE



**Kelsa Robinson** is a freestyle dancer who honed her skills within Chicago's house music scene and the underground street-dance community. Her original style blends intricate footwork and the hard, raw aesthetics of Chicago jackin' with the sensual and undulating qualities of Latin and Afrodiasporan dance forms. In 2006, Kelsa became a member of Venus Fly Trap, the first female all-styles crew in the U.S.A. She has performed and served as a guest artist at venues including: El Portón de Sánchez (Buenos Aires, Argentina), B.Supreme/Queen Elizabeth Hall (London, England), B-girl Be (Minneapolis, MN), Dayton Contemporary Dance Company (Dayton, OH), and J.U.I.C.E. Hip Hop Dance Festival/Ford Amphitheatre (Hollywood, CA). Kelsa has been teaching dance since 2003, and is currently a visiting lecturer in the dance department at Columbia College Chicago. Kelsa is also a community cultural development and arts education specialist who has been creating, managing and accessing programs and curriculum that utilize the arts and culture as tools for building healthy, vibrant communities and helping people reach their fullest human capacities. Kelsa holds a bachelor degree in sociology from the University of Illinois at Urbana-Champaign and a master of urban planning and policy from the University of Illinois at Chicago.

**CLASS DESCRIPTION:** This class will be rooted in the fundamentals of house dance, a form that blends Afro-diasporic elements such as groundedness, torso-centered articulation, multi-body part isolations and intricate footwork patterns. Combinations will move dancers in and out of the floor and through a range of dynamic qualities. Come prepare to strengthen, sweat and have fun!

## WEEK TWO

# AMY MILLER

July 14, 15, 16, 17, 18 10-11:30 AM

CONTEMPORARY TECHNIQUE



Photo: Murphy Chang

**Amy Miller**, originally from Ohio, is a NYC-based choreographer, dancer, and teacher. She recently stepped into her new role as the associate artistic director of Gibney Dance. She is a former member of Heinz Poll's Ohio Ballet, and a founding member and current artistic associate of Cleveland-based GroundWorks DanceTheater. Miller holds a BFA in dance and is also the recipient of an Ohio Arts Council Individual Excellence Award for her choreography. In keeping with her artistic priority of constantly developing new collaborations, such composers as the genre-defying Ryan Lott (aka Son Lux), guitarist James Marron, Oberlin College graduate Alex Christie, and Oberlin College professor Peter Swendsen have all worked with Miller on a wide range of musical scoring for dance. An avid teacher as well, Miller has been involved in integrated educational residencies within the Cleveland Public Schools sponsored by Young Audiences, an NEA sponsored intergenerational residency at Cleveland's Fairhill Center for Aging, as well as summer residencies at Cleveland State University and New York University's Tisch School of the Arts. Recent performance credits include David Parker and The Bang Group, Collective Body Dance Lab, and the Metropolitan Opera Ballet.

**CLASS DESCRIPTION:** Utilizing improvisational structures to discover new ways of moving the body through space, Miller's master class will focus on both detailed precision and intentional blurring of movement. Through conscious attention on softening the joints and use of momentum initiated from the core to energize the limbs, we will explore the body's capacity for greater range and ease of movement. Exploring both partnered and group improvisations will create visceral connections between the dancers encouraging increased awareness of the moment, as well as the immediacy of collaborative decision making. The class will culminate with phrase work that incorporates the different dynamics of movement explored throughout the class.

## AFTERNOON CREATIVE PROCESS WITH AMY MILLER

July 14, 15, 16, 17, 18 12:00 noon -2:00 PM

### FREE SPECIAL OFFERING

**CLASS DESCRIPTION:** By cultivating an environment that embraces playful experimentation, Amy prioritizes collaborative process over final product in her creative workshops. Whether interested in diving deeper into a project idea already started, or looking for inroads toward a new starting point, these workshops will expose participants to exercises and techniques that enliven the imagination, generate useful questions, and encourage a curiosity for evolution of an idea over time. Collaborative decision making and group feedback sessions will provide valuable cross-pollination of concepts and esthetics. Ways of approaching music collaboration will be addressed along with strategies for empowering and encouraging your collaborators throughout a creative journey. This workshop is made possible with the support of the **CSU Civic Engagement grant**.

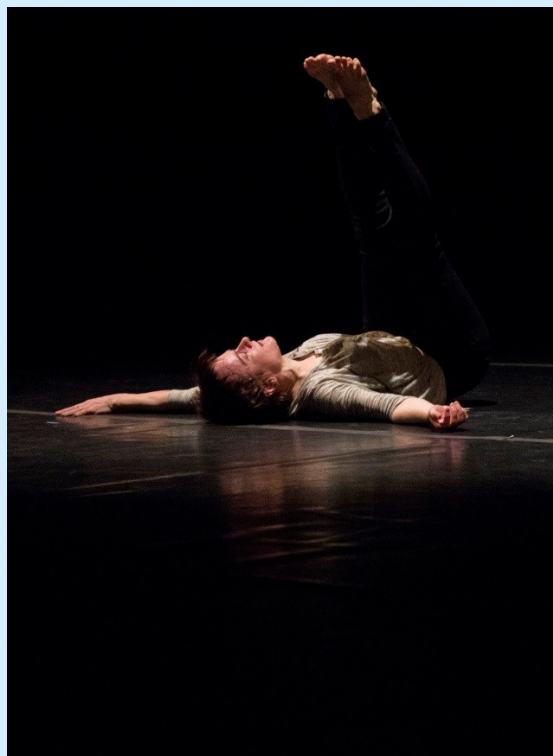


Photo by: Steve Wagner

## WEEK THREE

# HELANIUS WILKINS

July 21, 22, 23, 24, 25

10-11:30 AM

CONTEMPORARY TECHNIQUE



Photo: Angelisa Gillyard

**Helanius Wilkins**, a native of Lafayette, Louisiana, is an award winning choreographer, performance artist, and instructor currently on faculty at Slippery Rock University in Slippery Rock, PA. He is the Founder & Artistic Director of EDGEWORKS Dance Theater, a Washington, DC-based all-male dance company of predominantly African-American men. The company existed from 2001 - 2013. He is the 2008 recipient of the Pola Nirenska Award for Contemporary Achievement in Dance, D.C.'s highest honor given by the Washington Performing Arts Society; and was a three time finalist for the D.C. Mayor's Arts Awards. He is a 2002 and 2006 recipient of the John F. Kennedy Center for the Performing Arts Local Dance Commissioning Project Award. A graduate of SUNY Brockport, Wilkins returned to the university setting in summer 2011 to pursue graduate studies, as an extension of his artistic journey. He earned a Masters of Fine Arts in Dance degree from the George Washington University in 2012. In addition to performing the works of several nationally recognized choreographers, he performed with Present Tense Dance Company (Upstate New York) as well as Maida Withers' Dance Construction Company (D.C.), and as a guest with the Liz Lerman Dance Exchange (Maryland). 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 include two critically-acclaimed musical productions for the Studio Theatre in Washington, DC. Foundations and organizations including New England Foundation for the Arts (National Dance Project), D.C. Commission on the Arts and Humanities, and the National Endowment for the Arts have supported Wilkins's work. Wilkins also 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 Festivals in 2004, 2005, 2007, and 2010 - 2014. He has also been a master teacher for the Cleveland State University Summer Dance Workshop for over eight years.

**CLASS DESCRIPTION:** This class is designed to deepen studies in contemporary dance through finding the joy of "daring dance" by engaging in a physical practice and discussion-based process that fuses the exploration of velocity, weight, gesture, and gymnastic principles with technique as conditioning work, mental training, and building strong performance skills. Concepts are introduced and practiced through improvisation, floor and center technique sequences, and across the floor combinations. Ultimately this enables participants to increase their sense of body awareness and connectivity, identify personal movement preferences while broadening movement

Photo: Brad Phalin



## TAMMY METZ STARR

**July 24 and 25 12:15-1:30 PM**

### **DANCE ACTIVE! FREE SPECIAL OFFERING**

**Tammy Metz Starr** draws upon her training in a variety of Asian dance and drumming forms to inform the textures of her performance, choreography, and teaching of modern dance. She holds an M.F.A. in dance performance and choreography from the University of Hawai'i, and her professional performance credits include the Ririe-Woodbury Dance Company and SB Dance of Salt Lake City, UT, and Iona Pear Dance Theatre of Honolulu, HI. Tammy's recent pursuits involve physical therapy, particularly for older adults and individuals requiring hospice or palliative care. She recently completed a Doctor of Physical Therapy degree with a certificate in contemporary gerontological practice at the University of Toledo.

**CLASS DESCRIPTION:** 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. This workshop is made possible with the support of the **CSU Civic Engagement grant**.

**WEEK ONE through THREE**  
**SOMATIC TECHNIQUES**

**LISA DECATO**

Week One: Monday, Tuesday, Wednesday 8:30-9:45 AM

Week Two: Monday, Tuesday 8:30-9:45 AM

Week Three: Monday, Tuesday, Friday 8:30-9:45 AM

**SOMATIC TECHNIQUES: PILATES**



**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 her M.F.A in dance from the Ohio State University and continues to study dance, yoga and Pilates.

**CLASS DESCRIPTION:** The sessions will focus on moving with ease and efficiency according to one's own body structure. Pilates mat work will be the primary source to gain improved balance, strength and postural integration.



## ERICA EUFINGER STEINWEG

Week One: Thursday, Friday 8:30-9:45 AM

Week Two: Wednesday, Thursday, Friday 8:30-9:45 AM

Week Three: Wednesday, Thursday 8:30-9:45 AM

**SOMATIC TECHNIQUES: YOGA**



**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.

**CLASS DESCRIPTION:** 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 both the stillness of asana and sweeping across the floor.

**Cleveland State University SUMMER DANCE Workshop '14 Registration Form**

Please complete pertinent information. Return by July 7, 2014 to:  
Lynn Deering, Cleveland State University Dance Program, 1901 E. 13<sup>th</sup> St., MB 264, Cleveland, Ohio 44114.

Name \_\_\_\_\_  
 last (please print) first middle/maiden  
 Social Security # \_\_\_\_\_ or CSU ID# \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ County \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**ALL STUDENTS, COMPLETE THE FOLLOWING ADMISSION INFORMATION**

I have attended Cleveland State University previously as an  
 Undergraduate  Graduate Student Last semester/year attended: \_\_\_\_\_,20\_\_

I wish to attend Dance Workshop as an  
 Undergraduate  Graduate Student  
 Please note: If you have been admitted as a graduate student you must pay graduate fees, and you will receive a letter grade.

**NEW CLEVELAND STATE STUDENTS, COMPLETE THE FOLLOWING ADMISSION INFORMATION**

Birth Date / /  
 I am a U.S. Citizen  yes  no If no, what country? \_\_\_\_\_  
 Type VISA: F-1 \_\_\_\_\_  
 Other (specify): \_\_\_\_\_  
 I am an Ohio resident  no  yes If yes, I have lived in Ohio since \_\_\_\_\_  
 Race (optional)  American Indian or Alaskan Native  Asian or Pacific Islander  
 Black/Non-Hispanic  White/Non-Hispanic  
 Hispanic

High School Attended \_\_\_\_\_ Graduation Date // /  
 College or University Attended \_\_\_\_\_ Graduation Date // /  
 Highest Degree Earned \_\_\_\_\_

Please check desired admission status  
 Graduate Non-Degree Student  Undergraduate Non-Degree Student

Signature \_\_\_\_\_ Date \_\_\_\_\_

**ALL STUDENTS, COMPLETE THE FOLLOWING REGISTRATION INFORMATION**

Check one  Letter Grade  Audit (no credit; does not affect GPA)

Please check the courses for which you are registering:

UNDERGRADUATE:				GRADUATE:		
Course #	Section	Credit		Course #	Section	Credit
<input type="checkbox"/> DAN 473	Contemporary Technique	470	1	<input type="checkbox"/> DAN 573	470	1
<input type="checkbox"/> DAN 424	Somatics	470	1	<input type="checkbox"/> DAN 524	470	1
<input type="checkbox"/> DAN 499	Mix and Match	470	1	<input type="checkbox"/> DAN 599	470	1
Total # Credits _____				Total # Credits _____		

TREASURY SERVICES WILL DETACH HERE

Name \_\_\_\_\_ Social Security # \_\_\_\_\_ or CSU ID# \_\_\_\_\_  
 Courses for which you are registering Course # Section Credit  
 \_\_\_\_\_  
 \_\_\_\_\_

**FEES**

Undergraduate	Ohio Resident	Total Credits	_____
	\$393.70/credit	x \$	_____/credit hour
Graduate	\$520.95/credit	= \$	_____ Subtotal
Accompanist Fee	\$30.00/course DAN473/573		_____ DAN 473/573
Please note: the above fee structure is the same for courses taken either for college credit or for audit.		= \$	_____ Accompanist Fee \$30.00
(Fees are subject to change)			_____ Total enclosed

**PAYMENT (check one)**

Check  Money Order  MasterCard  Discover Card

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_