

# UNFREEZE

Contemporary Ice Skating Festival Berlin

Kindly supported by Fachbereich Kunst und Kultur, Bezirksamt Mitte von Berlin



## Performance Workshop



### From Sensation to choreography - Jan Burkhardt

In this workshop I would like to shine a light on some very fundamental principles of dance and performance. The main focus - starting with each day's warm up- will be to open and fine tune our sensory capacities. Touch, listening, tuning into our kinesthetic and proprioceptive sensors, smell and taste, and the work with gaze - looking and being looked at - will serve as our seeds that everything else will grow from. Instead of working with foreign set material, we spend time with feeding back our sensations into our motorical system. So the movements, movement qualities and choices of spacing and timing provide the fundamental material to unfold our choreographic research and compositional parcours. As the next step, we can let our mind's association chains flow into our consciousness and feed back into our sensation and decision making - images, projections, desires etc. become the second layer of the work. Finally we will match this sensory-choreographic time-space-continuum with a music piece based on modular repetition, transformation and progression, and share the becoming of things with an audience.

Jan Burkhardt is a performer, artistic director, facilitator and mentor within the field of contemporary dance. He also is a regular guest lecturer at School of Dance and Circus(DOCH), Stockholm and the Danish National School for Performing Arts (DDSKS), Copenhagen and has been a staff member at Centre for Contemporary Dance Cologne since 2015. In the same year Cecilia Roos (uniarts Stockholm) and Jan began framing their artistic research collaboration around questions of sharing and sensation as fundamental to choreographic processes. He furthermore collaborates with various artist and institutions throughout Europe. Jan lives with his family in Berlin.