

Karoline Strys

is a freelancing artist and facilitator working on the shore of dance, theater and voice. Her choreographic approach always negotiates the interface of different fields thriving into new ways and approaches of perception in space and movement.

She is one of the curators of the Profitraining in Cologne and organizing and facilitating the Contact Jam as well as the Contact Classes and Workshops regularly taking place at TanzFaktur. As co-founder and member of the make a move collective - a site-specific performance group mingling elements of Contemporary Dance and Parkour - she has encountered a great interest in creating a greater awareness for the body of the performer as well as the audience, seeing performance always as an interaction of spectator and dancer.

Her teaching is strongly influenced by her choreographic research. In the past few years she had been invited for different formats to various institutions to give lectures, Workshops or Profitraining at TanzFaktur, maraméo, ehrenfeldstudios, PACT Zollverein Essen among others.



Recent teaching occupations only (more info and artistic resume upon request)

2019

September	Lecture "The Listening Body" at Zürcher Hochschule der Künste at the Symposium , 'Sens(e)ation in Dance and Science' of the gtf Profitraining Cologne, TanzFaktur - Contact Improvisation Artistic Research and Contemporary Dance Classes as a replacement at the pre-professional program for Dance at Hochschule für Musik und Tanz Köln
June	Workshop "The Listening Body. Movement, Voice, Text", ehrenfeldstudios Freaky#LAB and Tor28, Cologne
May	Parkour Performance Project and Workshop at PACT Zollverein, Essen, in the frame of Tanz NRW (as representative of the make a move collective)
April	Profitraining Cologne, TanzFaktur - Contemporary Dance Choreographic Direction for Repertory , "Dust Devil" for the BA Dance students at the Center for Contemporary Dance at HfMT, Köln Workshop "Rethinking Performative Strategies" ehrenfeldstudios Freaky#LAB, Cologne
February	Contact Improvisation Classes at the pre-professional program for Dance at HfMT Köln Workshop , "Rethinking Performative Strategies" - Lab for the MA Scenic Research at Ruhr-University Bochum
Since 2017	Regular Classes and Workshops for Contact Improvisation at different venues such as maraméo Berlin, TanzFaktur, HfMT Köln, ehrenfeldstudios and various Festivals

Biegerstr. 28 * 51063 Köln *Germany
Phone: 0049-0151-64410252
E-Mail: info@karolinestrys.com

www.karolinestrys.com
www.makeamovecollective.com

Class Descriptions

Contact Improvisation

My class is based on a playful approach to the elements of Contact Improvisation. We will be exploring alone, with a partner or in the group what it means to share, give and receive weight, to trust and let go, to be moved both internally as well as externally, to get into contact, to meet, support and give each other wings.

My approach to Contact Improvisation entertains the idea of experiencing oneself in a different way within and outside of the group that will enable physical moments you would not achieve on your own. I am teaching regular classes and workshops at TanzFaktur in Cologne and have been invited to Festivals and to teach at maraméo Berlin, the Pre-Professional Program for Dance at HfMT Köln as well as teaching the Profitraining at IG Profitraining Köln.



Foto: Dorina Milas

Contemporary Dance (Profitraining)

The class is setting a focus on a movement quality that celebrates the idea of efficient movement through letting go in body and mind while being playful. Working from improvisation tasks into smaller phrases that will be weaved together eventually, we will allow ourselves to be always following the principles of a smooth and reactive body that is able to generate speed through release, strength through lengthening and creativity through having fun.

Based on my background, every day will have a slightly different focus starting from somatic work and the so-called „listening body“ going further to upside down elements, floor work and simple acrobatics using training tools deriving from e.g. Parkour. Via the knowledge from Contact Improvisation and theater related work we will as well take a look on composition and group dynamics that will at the end of class provide a body and mind that is alert, warm and ready in all aspects of performance.

(Workshop Formats

The Listening Body - An investigation of the awareness of body, voice and listening

Rethinking Performative Strategies - Researching the (collective) mind in performance and space)

Class Impressions

In studio:



Foto: Maria Golding



Foto: Paul Trinker



Foto: Martina Haansen



Site-specific / Parkour:

Fotos: Dirk Rose / Dorina Milas

