



PALUCCA - ALUMNI

APRIL | MAY

LETTER FROM THE EDITOR

Dear Alumni,

The joyful voices of our pupils and students that usually greet me on campus were gone. Indeed, the route to the University was markedly silent. But I am encouraged by the sun shining in the sky and it reminds me that every day brings a new chance for creative activity.



Creativeness characterizes everyday life at the Palucca University of Dance Dresden. Especially now, during this time of isolation, we are experiencing the diversity of talents belonging to our University team. I am thrilled when I see the possibility of digital learning for our pupils and students. The skills of our teaching staff give virtual motivation for training in "home office" on a regular basis. The members of our crisis team radiate confidence. We remain close as a team and inform each other regularly about current developments of prevention measures.

I am grateful for the strong sense of community that we, together with our students and alumni, are currently experiencing in social media. Alumni, with untiring effort, offer gratis online chats and exercises (among others AVA Dance Company, UK - www.avadancecompany.com and First Pilates Klassisches Gerätstudio, AT www.firstpilates.at). Many of our students are participating in activities such as the #keepdancingchallenge. With their creative dance numbers, they let us take part in their current everyday lives.

I wish for you, in your daily routine, creative potential and new perspectives for your artistic activities. Stay healthy and let yourself be inspired by this newsletter edition with our new Pilates series and 6 tips for our current times.

All the best,

Shalene Schmidt

Shalene Schmidt

Student Marketing & Alumni Coordinator

PILATES

with Sandra Käfer

My name is Sandra Käfer (formerly Genzel). I was born in Erfurt in 1976 and I have lived close to Vienna for many years. First, I would like to say that as a former Palucca pupil, it is an honour to be able to write about my current profession. I have operated a Pilates studio for 16 years. In addition, I am the director of and a trainer at the international classical Pilates training school for Austria THE PILATES STANDARD. In the next column I will write about Pilates training on the mat and with equipment and also about the second mainstay after a dance career.



© Sandra Käfer

www.firstpilates.at | www.thepilatesstandard.eu

Pilates for a strong Core

Had I become familiar with the Pilates system earlier, then maybe I could have spared myself many small injuries and some exercises would have been considerably easier. Classical Pilates is a huge help for a dancer's body. The exercises bring not only strength and stability, but also a great deal of protection for all of the joints in your body. Segmental stabilization is the basis for a strong core. It is a fantastic prevention and supplementary training during, and especially above all after, the career. Why do we need a strong core for this?

Every movement begins in the body's core. The mobility of the hip joint is closely related to the stabilization of the lower back. Through Pilates exercises, the body learns how to draw its centering and stabilization from the center of the body. The processes of perception are trained more intensely and gain much more importance. The Pilates principles such as the control of and the concentration on your own body are the basis for this. As a Pilates trainer, one should be aware of the "weak points" of the dancer's body and take these into consideration during Pilates instruction. My former dance colleague Mag. Phil. Petra Ried, Senior Lecturer - University of Vienna Center for Sport Sciences, and I present here a few exercises that you are welcome to try out.

The left side of the photo is for the beginner level and on the right the ideal form for the exercise.

PILATES

mit Sandra Käfer

Hundred



Starting position: Lie on your back and centre yourself. Bring both knees towards your chest, lift your head up to the points of the shoulder blades, stretch your arms out forward a little above the pelvis and stretch out the legs in a 45° angle.

Basis: Anchor your pelvis and keep the points of your shoulder blades on the mat. **Instructions for movement:** Pump your arms up and down in short strong movements and inhale for 5 pumps and exhale for 5 pumps. While doing so, count to 100. Repetitions: 100 pumps.

Roll Up



Starting position: Lying in the supine position, stretch out the legs on the mat and close them tightly, extending the centre line of your body. Stretch your arms upwards.

Basis: The shoulders are anchored in their joints and heels are pressed firmly against the mat. **Instructions for movement:** Inhaling, lift your head and shoulders. Exhaling, curl yourself upwards and stretch toward your toes. Inhaling, now roll back a bit, exhale and roll back, vertebra by vertebra, until you are back in the supine position. Lower head and shoulders again. Repetitions: 5 times.

PILATES

mit Sandra Käfer

One Leg Circle



Starting position: Lying in the supine position, stretch one leg upwards toward the ceiling and stretch the other leg on the floor. Your arms are next to your body. The raised leg rotated slightly outwards. **Basis:** Anchor the pelvis and press your heels firmly into the ground. **Instructions for movement:** Move the raised leg to the opposite shoulder, then downwards across the middle line, sideways to shoulder width and then return back to the middle. The pelvis stays on the mat. Repetitions: 5 circles in both directions

Rolling Like A Ball



Ausgangsposition: Sit behind the ischial bones and, from the outside, hold on to your ankles gently. The heels are closed and the knees are opened shoulder width. The head is bent in the direction of your knees.

Basis: Behind the ischial bones on the tail bone.

Bewegungsanweisung: Shift your weight backward and, using gravity, roll backwards to the shoulder blades and rock back up using the strength of your abdominals. Balance for a short period of time. Repetitions: 6 times.

Next Column: The 5 Pilates Abdominal Muscles Exercises

6 TIPS FOR THE CURRENT TIMES

from your Alma Mater

1 Immediate funding for the cultural and creative industries in Germany - an overview from KREATIVE DEUTSCHLAND (a platform where regional and local cultural and creative industries can network and exchanging ideas with others on a nation-wide basis.)
<https://padlet.com/kreativedeutschland/zu41puas9yk3>

2 Support for the performing arts
<https://www.fonds-daku.de/takecare/?fbclid=IwAR0Fy2OTvbEYymtU-uDKBDI5LvUuYVvJwSkFYExDVI5ICWWxTcxPkFNU9Qx0>

3 Hellerau Online - Performance/Dance Online-Programme
https://www.hellerau.org/de/online-programm/?fbclid=IwAR0P9jBjX_yD4v7n-x8HnB6ILqr5PAAbBibbNXLY6KW0dsTwU4fLEXDvc0rU

4 Online Training Opportunities in Live-Stream
Daily KLT-Trainings live from Tanya Pearson Academy / Daily ballet classes live from Tanya Pearson Academy
<https://youtu.be/fWMQfMptlNo>
The Royal Ballet Company class 2019
<https://www.youtube.com/watch?v=M8zytT-8uul>

5 Fitness Opportunities
Boris Knyazev's floor exercises/floor work
<https://youtu.be/8K-bocwdukl>, <https://youtu.be/qddZ-kz3X6Q>
<https://youtu.be/0GbrTX9feNA>
NYCB Workout Series #1:
https://www.youtube.com/watch?v=RSTQz5a_tDI&t=2203s
NYCB Workout Series #2:
https://www.youtube.com/watch?v=oE8fv_jaE0Q
FExercises for your feet via YouTube
<https://www.youtube.com/watch?v=E7clV5WAXzc>

6 Dance Performances in Live Stream
Live Broadcasts by ROSAS Company
<https://www.mezzo.tv/en/Dance/Les-Six-concertos-brandebourgeois-by-Anne-Teresa-de-Keersmaecker-at-the-Palais-Garnier-2090>,
<https://www.mezzo.tv/en/Dance/Mitten-4421>

SPECTYOU - watch recordings of theater pieces, classical and contemporary dance works and performances
<https://www.spectyou.com/?fbclid=IwAR2t-7-JloXjge9eCLtqvHu-98a0EZ9Wb3jwreQwFphN5pzRAE2wC0jRI86Q>

MASTER STUDY PROGRAMME CHOREOGRAPHY

Extended Application Deadline!

**MASTER PROGRAMME
CHOREOGRAPHY**

APPLICATION PERIOD
01. 11. 2019 – 30. 04. 2020

ONLINE AUDITION DATES
25th/26th APRIL + 9th/10th MAY 2020
+ INDIVIDUAL APPOINTMENTS

PALUCCA
HOCHSCHULE
FÜR TANZ
DRESDEN

Follow us for updates!



ALUMNI-EVENTS*

JuWie Dance Company

ADDICTION TO ...

A JuWie Dance Company production in cooperation with the La Trottier Dance Collective

What are you willing to do in order to still your longings? When does a longing become an addiction? What drives you, what forces you? The artificially created refuges of our daily lives that we search for to relax, to forget. Where are they? How does one find them? How does one find one's way out of them? Two people in dance, in the circulating flow of longing - where does it begin, when the encounter? Is there an end?

Choreography/Dance: Jule Oeft (Alumna), Tobias Weikamp

Composer, Musician: Daniel Williams

Lighting Design, Stage Design: Severin Beyer

Costumes: Melanie Riester

Technical Realisation: Jasper Gather

Head of Production: Wiebke Bickhardt (Alumna), Benjamin Rottluff

Date: June 4, 2020

Location: Societaetstheater Dresden

Ticket sales: www.societaetstheater.de/Programm.html

The world premiere took place on October 9, 2015, at the Theater Felina, Mannheim. The production is funded by the Amt für Kultur & Denkmalschutz Dresden (office for cultural affairs and the protection of historical buildings), the Kulturamt Mannheim (Mannheim office for cultural affairs) and the Landesverband Freie Tanz- und Theaterschaffende Baden-Wuerttemberg (Regional Association of Independent Dance and Theater Professionals) with funds from the Ministry for Science and the Arts.



JuWie Dance Company

© 1st row above André Wirsig, 2nd row below: Danger Zone

ALUMNI-EVENTS*

JuWie Dance Company

QUEENS OF DIAMONDS

A JuWie Dance Company & Yaron Shamir Projects production

Welcome to the Casino of Life! The Queens gamble in the game of their lives on the fine line between fame and self-alienation - for position, status and acknowledgement. They form alliances which are then broken and try to emerge from the game as winners. They are pure and vulnerable - themselves. When they leave their individual spaces, illusion and alienation determine their actions. Realities shift. The magic, having to win their game, which they can only lose, becomes an addiction. It's all or nothing! Be fast, be keen, you are running out of time.

Choreography: Yaron Shamir

Concept: Yaron Shamir, JuWie Dance Company

Dance: Jule Oeft (Alumna), Vera Ilona Stierli (Alumna), Nora Vladiguerov, Risa Kojima

Music: Stefan Menzel aka Sandrow M

Stage Design/ Lighting Design: Severin Beyer and Veronica Wüst

Technical Realisation: Jasper Gather

Head of Production: Wiebke Bickhardt (Alumna), Benjamin Rottluff

Date: June 5, 2020, Location: Societaetstheater Dresden

Ticket sales: www.societaetstheater.de/Stueckdetail/p/QUEENS-OF-DIAMONDS-137

JUWIE & DIE ARBEIT (Concert)

Ménage à deux

On this evening, you can look forward to a rendezvous with the music group Die Arbeit and the JuWie Dance Company!

Date: June 6, 2020

Location: Societaetstheater Dresden

Ticket sales: www.societaetstheater.de/Programm.html

*Information subject to change



© André Wirsig

STUDENT MARKETING & ALUMNI COORDINATOR

Shalene Schmidt
(Luise Röder, on parental leave)

PALUCCA UNIVERSITY OF DANCE DRESDEN
Basteiplatz 4 | 01069 Dresden | GERMANY
Tel.: +49 (0)351 25906-45
alumni@palucca.eu
www.palucca.eu/en/alumni

**Would you like to be
featured in our next
newsletter?**

Contact us via
alumni@palucca.eu.

The next alumni
newsletter will be pub-
lished in June 2020.

PALUCCA UNIVERSITY OF DANCE DRESDEN

Rector: Prof. Jason Beechey

Editor & Layout: Shalene Schmidt

Images: PHfT Dresden, Shalene Schmidt, André Wirsig, Danger
Zone, MA Choreografie, Ida Zenna, Sandra, Käfer, Vanessa
Hartmann-Gnong (www.vanderhart.com), www.unsplash.com

Translation: Helen Centner (Dipl. authorized translator and
English Trainer (BDÜ, ELTAF, BESIG))

Edition: April/May 2020

www.palucca.eu/en



Diese Maßnahme
wird mitfinanziert
mit Steuermitteln auf
Grundlage des vom
Sächsischen Landtag
beschlossenen
Haushaltes.



gefördert vom
DAAD aus Mitteln des
Auswärtigen Amtes (AA)

