



Neoclassical and Contemporary Ballet

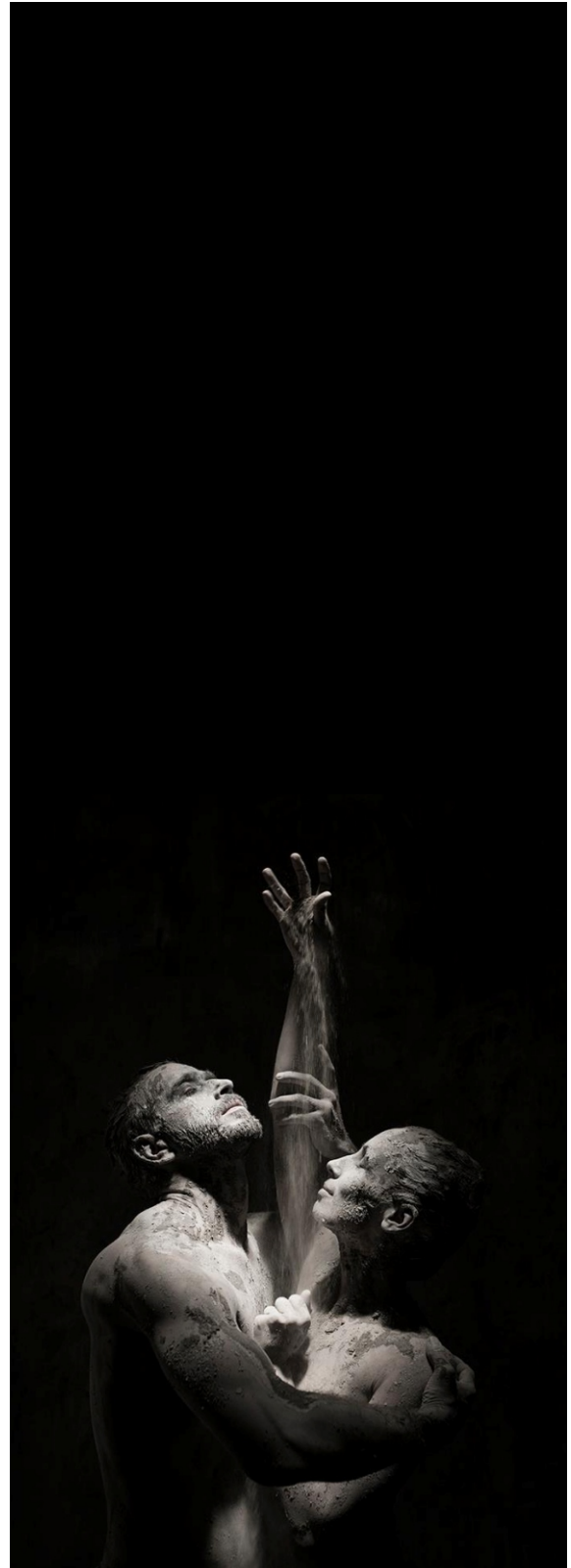
These are styles in which the past meets the future. They intertwine with each other and together bring to life a new form of movement, the essence of which is the fusion of two different worlds.

Neoclassical and contemporary ballet are dance genres that combine elements of both classical and contemporary dance.

These styles move away from the limitations of traditional ballet technique and traditional compositional principles.

This innovative technique has roots in classical ballet, but uses them as a place to experiment and question tradition.

As the art and dance world move forward, we explore articulation in and out of technique, timing and pushing the boundaries of our bodies and imagination.



Body, Mind, Development

Revolutionising the system of working on dancers' development possibilities, we deepen body awareness, which is a key tool to achieve full artistic expression.

The vision and understanding of the essence of movement, its dynamics, its quality, its origin and its location in space and time is the most important element in the process of developing awareness of one's body.

Based on two techniques that are very different from each other, we freely combine their most valuable characteristic qualities. The simplicity and freedom of expression of contemporary dance and the precision and aesthetics of classical dance perfectly coordinate the work of mind and body.

By combining so many factors at the same time, we overcome our limitations and show our full potential.



Who are the neoclassical and contemporary ballet workshops for?

The workshops and classes that I teach are aimed at anyone who wants to develop or educate themselves professionally in the direction of dance. The main advantage of the techniques I teach is their versatility in benefiting whatever stage of development we are currently at.

As the techniques combine many different movement qualities, everyone will find something for themselves or realize what they still need to work on.

After many years of experience as a dancer, I can confidently say that it is neoclassical and contemporary ballet that have developed me the most, and it is these that have been used most often in stage practice internationally.

This is why I think it is so important for all those who are thinking about dance as their future profession or who have already made this type of art their permanent walk of life to be able to make the most of their talent and multiply it with new unique skills.



Benefits and aims

Neoclassical and Contemporary Ballet are styles in which the dancer has an incredible sense of complex coordination because the whole body and mind are fully involved in the creation. Dancers in class are engaged in analysing their bodies, becoming aware of the transition from the beginning of an impulse to the end and how it leads to the next movement.

They are not afraid of finding themselves in unfamiliar situations. They are more mentally flexible and above all they become not only impersonators but also creators of their own progress.



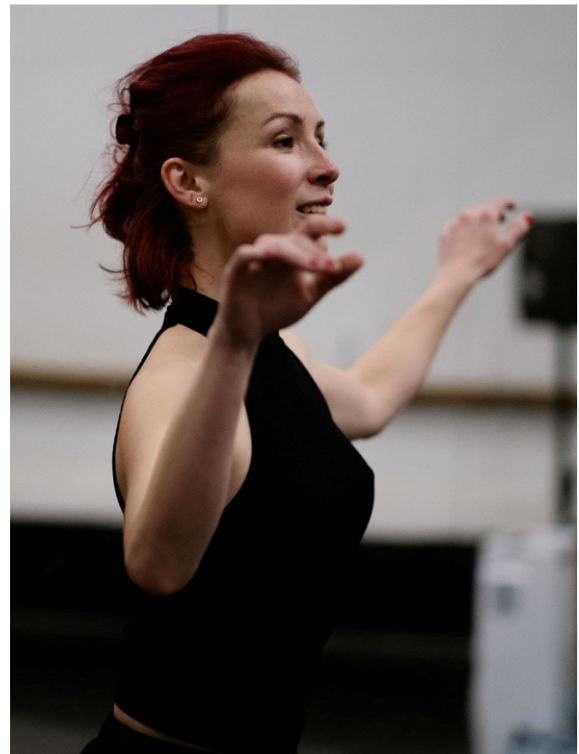
They can freely manipulate technique, expression and dynamics, and mind and body create a harmony through which the awareness of movement develops enormously. Gaining control of our own body in this way allows us to direct it creatively and freely.

With these tools, we are ready to realise any artistic vision, which shapes our individual style, physical capabilities and emphasises stage expression.

My experience

- › I am a graduate of the Warsaw Ballet High School, choreographer, dancer and dance teacher.
- › I studied at the Rotterdam Dance Academy Codarts and at the Private Bruckner University in Linz in the contemporary dance department.
- › I completed the international programme D.A.N.C.E across Europe under the direction of William Forsythe, Wayne McGregor, Angelin Preljocaj and Frederic Flamand.
- › While working on „Hypothetical Streams” choreographed by William Forsythe, I was first introduced to contemporary and neoclassical ballet. I became enthralled with these styles because I was finally able to use all my skills from classical and contemporary dance to their fullest and develop my potential to the highest degree.
- › As a dancer I have worked with many outstanding companies and choreographers, including Forsythe Company, Ballet de Marseille, Yuval Pick, Carolyn Carlson, Aleksandra Dziurosz.

- › Since 2019, my main goal is to promote neoclassical dance and contemporary ballet in Poland and abroad.
- › I conduct numerous workshops and trainings for professional dancers and young people and choreograph in this technique for film productions, commercials and performances.
- › I teach neoclassical dance and contemporary ballet to make an impact, change thinking and develop artists.
- › I love watching dancers discover these techniques and when they use them to express themselves.
- › In all the classes I teach, I carefully observe the participants and bring out the best in them.
- › I share all my passion and experience hoping to provide insights that all artists can benefit from as they develop their careers.



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