

# BSV 92 Summer Camp Workshops Adult 2015 August, 15th + 16th

## Ways to Creativity on ice

Erika-Hess-Eisstadion, Berlin

Coaches: Katharina Miegel, Birgit Aust, Bram van Meggelen, Helena Pajtler

**Discover and create movements in a new way**

**Awaken your creativity and develop it**

**Feel your gliding body in new dimensions**

A journey into the richness of movement will help you to discover new ways for figure skating as a sport and as a way of artistic expression.

Our courses are open for all curious people interested in discovering new ways to approach skating. On the ice we feel our body in a very exiting state – we are gliding!

Moving across the ice is a constant balance act between lacking stability and sensing a thrilling flow.

The possibilities of movement on ice are much wider than shown to perfection in competitive sports. In our workshops we will approach this wide range of movement with methods and exercises of dance improvisation, body- and movement awareness and Qigong, which will be transferred from the dance floor onto the smooth ice.

**All courses are open for all levels**

**You will find information about the courses and coaches below...**

During the workshop we will have a room in the ice rink for us to use in the breaks. You will find tea and coffee there. Food can be delivered.

### 2015 Saturday 15th

|                  |  |
|------------------|--|
| 12.45 – 01.45 pm | Ballet room: "Off-ice" introduction to Qi-Gliding                        |
| 02.00 – 03.30 pm | <b>WdK 2: Qi-Gliding</b> (Helena Pajtler)                                |
| 03.45 – 05.15 pm | <b>WdK 4: Body awareness according to Laban/Bartenieff</b> (Birgit Aust) |
| 05.15 – 06.30 pm | Free creative practice for participants                                  |
| 06.45 – 08.15 pm | <b>WdK 3: Bringing dance on ice</b> (Bram van Meggelen)                  |
| 08.30 – 10.00 pm | <b>WdK 1: Improvisations-Laboratorium</b> (Katharina)                    |

### 2015 Sunday 16th

|                  |   |
|------------------|---|
| 09.00 – 10.30 am | <b>WdK 1: Improvisation-Laboratorium</b> (Katharina Miegel) |
| 09.30 – 10.30 am | Ballet room: "Off-Ice": Dance sequences on the floor        |
| 10.45 – 12.15 am | <b>WdK 3: Bringing Dance on ice</b> (Bram van Meggelen)     |
| 12.30 – 02.00 pm | <b>WdK 2: Qi-Gliding</b> (Helena Pajtler)                   |
| 02.00 – 02.30 pm | Free creative practice for participants                     |

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### > Workshops <

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#### **Ways to Creativity 1** (Katharina Miegel, D - Berlin)

##### **Improvisations-Laboratorium**

What takes your interest and surprises you when watching well skated programs on the ice? This workshop will be a voyage of exploration towards the „special something“.

We will experiment with different possibilities to find unusual and most of all personal forms of expression on the ice. We will research into communication and interaction with our surroundings - space, music, people, always regarding the view from inside and outside ourselves.

#### **Ways to Creativity 2** (Bram van Meggelen, NL - Amsterdam)

##### **Bringing dance on the ice**

(This course will be given in English)

At „skate 'n smile – The Show 2015“ Bram danced his own choreography to Spanish music. He developed it on the dance floor and transferred it into gliding on the ice. He will give us a glance into his approach. According to the participants' previous knowledge of dance, Bram will work on various movements on the floor, using especially the upper body and arms. These sequences will then be transferred to the ice with steps that suits your level of skating.

A wonderful basic for choreography and exploring movement on ice.

#### **Ways to Creativity 3** (Helena Paitjer, CH – Luzern)

##### **Qi-Gliding "Strengthening through thoughtful fluid movements on the ice"**

Health and prevention sport on ice – innovative, refreshing, improves your health and many more things ...

Co-ordinating gliding with your breathing and your imagination to achieve harmonic fluid movements, inner peace and more strength on the ice and in your daily life. You will experience speed, stability, stamina, balance, becoming grounded, improved body posture and joy.

Your confidence in yourself and the ice is awakened through conscious anchoring in the centre and being open to new impulses, as a basis free gliding movements. This enables us to let go freely and consciously experiencing exuberance in movement, dancing and expression on ice.

#### **Ways to Creativity 4** (Birgit Aust, D – Berlin)

##### **Body awareness according to Rudolf von Laban und Irmgart Bartenieff**

As toddlers we learn how to walk following certain patterns of building up body connections.

Those patterns also help us to reorganize our body in difficult balance situations with skates on the ice.

We need those fundamental patterns to achieve well integrated movements and stability but we can also use them to create our very own expressions in movement.

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### > Fees <

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|                   |  |         |
|-------------------|--|---------|
| WdK 1 (Katharina) | 3 hours + at least 1,5 hours free practice   | 30,00 € |
| WdK 2 (Helena)    | 4 hours + at least 1,5 hours free practice   | 40,00 € |
| WdK 3 (Bram)      | 4 hours + at least 1,5 hours free practice   | 40,00 € |
| WdK 4 (Birgit)    | 1,5 hours + at least 1,5 hours free practice | 15,00 € |

### > Registration - August 5th 2015 <

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Please send your registration to [birgit.aust@eiskunst-werkstatt.de](mailto:birgit.aust@eiskunst-werkstatt.de)

Necessary Informations: Number of the course/s, Name and surname, your club, your number

Please use the following bank account for the transfer:

BSV 1892 Eiskunstlauf

Commerzbank Berlin                      swift code: 100 800 00                      account no. : 0424448500

IBAN: DE98 1008 0000 0424 4485 00                      BIC: DRESDEFF100

payment reference: Wege der Kreativität Adult Sommer 2015

### > Our coaches <

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#### Katharina Miegel (D – Berlin)

Katharina, a trained actress, always kept her focus on how to develop artistic expression in ice skating programs. She discovered skating as an adult and created her very unique programs. Teaching children skating skills she always concentrated on the very own personality of every single child in order to develop their programs. After leaving competitive skating and teaching she concentrated on Contemporary Dance and Improvisation. At the present she is working as a movement trainer. She also absolved a course in dance education, was a founding member of a dance space and still joins community dance projects (such as "Between the Bricks", remembering 50 years ago the construction of the Berlin Wall, „Human Loops“ in Berlin, San Feliu de Guixois, Dresden). She has worked with Jo Parkes, An Boekman, Garnet Hennig, Meritixell Campos Olive, Rose Calheiros, Lukas Matthaei, Ingo Reulecke and Britta Pudelko.

In most of these works improvisation and the independent search of the dancer to widened artistic expression is the base of choreography. Katharina has cooperated with Birgit Aust for years on transferring this way of creation to the ice.

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**Erika-Hess-Eisstadion, Berlin**

### **Helena Pajtler (CH – Luzern)**

Helena has 25 years of experience as a competitive skater, trainer and department director in her home club ESC Dorfen (Bavaria). Rather than teaching the children to excel in competitions the focus of this club has always been more on the development of personal skills for the children, such as self-confidence, respect, joy, the ability to feel part of a group and the capacity to develop creative expression in movement.

She has longtime experience in dance, bodywork and Qigong, based on a good knowledge of medicine. Since 2008 she has developed „Qi-Gliding“. It became a steadily growing system based on experienced coaching, a natural sense of aesthetic and deep-reaching exercises that increase body awareness.

more information: <http://www.dialog-koerper.com/bildungsthemen/qi-gliding.html>

### **Bram van Meggelen (NL – Amsterdam)**

Since a couple of years Bram has been joining different skating courses in Berlin, starting in 2012 with the C Trainer Licence, followed by different skating courses focusing on the alternative site of figure skating. After joining Holiday on Ice in 2009 he became more interested in placing dance upon ice. He did not like the pressure of competing anymore. Show on the other hand felt so much more relaxed, but the best is the way towards finishing and performing a show program. As expressed in the course details above he skated a newly created piece at the Skate 'n Smile show in Berlin in march this year. This number was part of his first real attempt of expressing the feeling of a particular song onto the ice. The Italian song was perfect for this. In this course he will offer tools to create programs coming from the unique feelings of his students expressing the music.

### **Birgit Aust (D – Berlin)**

Dancing on the ice has always been her passion. Already as a little girl skating seemed to her more art and expression than sports. After being a successful ice dancer in West-Berlin she quit competitive skating, tried to get rid of that passion, diving into life in Berlin, finished university with a degree in political sciences and finally got back to skating working as a coach, choreographer and producer of events on the ice. Studying Laban-/Bartenieff Movement Studies offered specific methods of observing and analyzing all kinds of movement such as skating. With that knowledge she built up her very unique way of teaching children and adults in various levels on the ice. With her partner Joachim she got back to competitive skating as adult ice dancers winning several times the inofficial world championship for adults. „My main goal ist to open doors: free scope, space to move, further development, unfolding personalities...

Therefore gliding on the smooth ice is an exiting challenge offering a huge variety of possibilities.