

SÓLODOS EN DANZA / OURENSE / 2018 WORKSHOPS

Master Class of contemporary dance for professionals with Mikel Arístegui
Nov 23: 6:00 pm - 7:30 pm / Sala Apego / Municipal Auditorium of Ourense

Master Class of contemporary dance for professionals with Miguel Ángel Punzano · Tejido Conectivo
Nov 24: 5:00 pm - 6:30 pm / Sala Apego / Ourense Municipal Auditorium

Master Class of contemporary dance for students with Miguel Ángel Punzano · Tejido Conectivo
24 Nov: 18.45h - 20.00h / Sala Apego / Municipal Auditorium of Ourense

Free registrations in order of reception until seats are filled. Send us your name, surnames, email, age, phone number and indicate the Master Class you want to attend: info@solodos.es
The registered people will have an entrance to see the shows.



Foto Manu Lago

"Subtle Body" with Miguel Ángel Punzano · Tejido Conectivo

We will start with structural and proprioceptive work designed to activate all the layers of the tissue of the body, open the joint spaces and create space for movement without tension. We will continue with a movement work that will combine a part of search and another choreographic part.

Miguel Angel Punzano

It is black belt of Judo by the Spanish Federation. Bachelor of Science in Physical Activity and Sports (University of León). Graduated in Contemporary Dance at the Professional Conservatory of Dance of Alicante. Graduated in Holistic kinesiology by the Menz Venilia School (Barcelona).

He worked as a professor of Anatomy and Biomechanics applied to Dance at the Professional Conservatory of Dance of Alicante. As an interpreter he worked with the Compañía Otradanza, directed by Asun Noales (Spain) and collaborated with Compañía Solodos, directed by Erick Jiménez and Maruxa Salas (Spain / Costa Rica) and with the Cuatro X Cuatro Company, directed by Shanti Vera (Mexico).

He currently combines his work as a teacher, dancer and choreographer, and runs his own company: Tejido Conectivo.



Foto Daniel Pittet

"I dance, I feel, I share" with Mikel Arístegui

To dance you have to feel, share and move. In this master class we will do that and more. A work of listening and willing to share and to live new sensations with a group of people in a concrete space. An experience that will be lived in this moment and with that group, something unique and incomparable.

Mikel Arístegui

In his almost 30 years as a professional, Mikel developed a dialogue work with himself, two or in a group and its spatial architecture as a consequence of the need to adapt to any work or choreographic proposal. An experience in some dance technique is not necessary although this helps; What is important is the clarity with oneself and the availability for communication through movement. Simple exercises will set us in motion and in connection at the physical level and emotional.

Arístegui worked as a dancer with Sasha Waltz & Guess for almost 10 years, with Dv8 Physical Theater for 3 years in the production "Just for show" and as a choreographer with the theater director Thomas Ostermeier, in the Opera "Orpheo e Euridice" and for the Company "Dantzaz" among others.

In 2018 he premiered his first piece produced in Galicia at the Auditorio Municipal de Ourense: *In Between*, with Nuria Sotelo and Rosabel Huguet.