

# 9 Body Rhythm Festival 2024

Saturday, 18 May 2024

|                           | Studio 1                                    | Studio 2  | Luftraum                                   | Studio 4  | Baladin   |
|---------------------------|---|---|--|---|---|
| 8:30 - 9:45               | Arrival & Check-In                          |   |  |   |   |
| 10:00 - 11:30<br>Lesson A | Welcome Session<br>All Artists @Studio 1    |   |  |   |   |
| 11:50 - 13:20<br>Lesson B | Get started with Body Percussion<br>Charles | Circlesongs<br>Gaël                                   | Boca Beats & Loop Station<br>La Cris       | Games and Resources for Rhythm Teaching<br>Anna | Repertoire<br>Jep   |
| 13:20 - 15:00             | Lunch Break                                 |   |  |   |   |
| 15:00 - 16:30<br>Lesson C | Creating for Stage<br>Sarah                 | Choreography Residency (1/2)<br>Anna                  | Groove Grieve<br>La Cris                   | TaKeTiNa - Exploring Odd Metres<br>Esther       | Body Percussion and Folklore of the Canary Islands<br>Jep |
| 16:50 - 18:20<br>Lesson D |   | Complementary Patterns in Vocal Improvisation<br>Gaël | Embodying our Intuitive Musicality<br>Lior | Groove and Play our Festival Songs<br>Ben       | Brazilian Rhythms & Dances<br>Charles                     |
| 20:30                     | Open Stage Party                            |   |  |   |   |

Sunday, 19 May 2024

|                              | Studio 1  | Studio 2  | Luftraum                                     | Studio 4                                  | Baladin  |
|------------------------------|---|---|--|---|--|
| 8:30 - 9:45                  | Arrival & Check-In  |   |  |   |  |
| 8:45 - 9:15<br>Pre-Lesson I  | Warm-up: Tuning the Body<br>Anita                         |   |  |   |  |
| 9:20 - 9:50<br>Pre-Lesson II | Good Morning Circle Music<br>Ben @Studio 1                |   |  |   |  |
| 10:00 - 11:30<br>Lesson A    | STOMP Technique<br>Sarah                                  | El Calor del Tabor<br>La Cris                     | 5 and 7 in Vocal Improv<br>Gaël              | Get started with Body Percussion<br>Ben   | Brazilian Rhythms & Dances<br>Charles                          |
| 11:50 - 13:20<br>Lesson B    | Body Percussion and Folklore of the Canary Islands<br>Jep |   | Embodying our Intuitive Musicality<br>Lior   | TaKeTiNa - Exploring Odd Metres<br>Esther | From Body Percussion to Circlesinging<br>Charles               |
| 13:20 - 15:00                | Lunch Break   |   |  |   |  |
| 15:00 - 16:30<br>Lesson C    | Complementary Patterns in Vocal Improvisation<br>Gaël     | TaKeTiNa - Move & Groove in Polyrhythms<br>Esther | Improvising in Odd Metres<br>Lior            | Choreography Residency 2/2<br>Anna        | Hand Tricks & Weird Sounds<br>Jep                              |
| 16:50 - 18:20<br>Lesson D    | Layers of Movement<br>Will                                | South African Songs & Gumboots<br>Bongani         | Over-, Under- & In-Between Tones<br>Marcello | Lalalalai<br>Mattias & Annie              | Move & Groove<br>Federica<br>Yummy Vocal Music Treats<br>Gitte |
| 21:00                        | Body Rhythm Night @FABRIK                                 |   |  |   |  |

Monday, 20 May 2024

|                           | Studio 1   | Studio 2  | Luftraum  | Studio 4  | Baladin                                  |
|---------------------------|--|---|---|---|--|
| 8:45 - 9:45               | Arrival & Check-In                                     |   |   |   |  |
| 9:20 - 9:50<br>Pre-Lesson | Warm-up: Tuning the Body<br>Anita                      |   |   |   |  |
| 10:00 - 11:30<br>Lesson A | Boca Beats & Loop Station<br>La Cris                   | STOMP Technique<br>Sarah                        | From Automatic Writing to Intimate Expression<br>Lior | Groove and Play our Festival Songs<br>Ben         | Get started with Body Percussion<br>Anna |
| 11:50 - 13:20<br>Lesson B | Repertoire<br>Jep                                      | Circlesongs<br>Gaël                             |   | Panel Talk<br>Anna, Charles, La Cris, Sarah       | Layers of Movement<br>Will               |
| 13:20 - 15:00             | Lunch Break  |   |   |   |  |
| 15:00 - 16:30<br>Lesson C | From Body Percussion to Circlesinging<br>Ben & Charles | Games and Resources for Rhythm Teaching<br>Anna | Over-, Under- & In-Between Tones<br>Marcello          | TaKeTiNa - Move & Groove in Polyrhythms<br>Esther | Hand Tricks & Weird Sounds<br>Jep        |
| 16:50 - 18:20<br>Lesson D | Closing Circle Jam<br>All Artists @Studio 1            |   |   |   |  |

- Infos for the Day
- Festival Group Picture with Everybody
- Breakfast Buffet every day 8:00-9:45

- Open Level
- Basic
- Advanced

With the division into three levels we would like to help you to estimate the level of difficulty. However, you can decide for yourself which course you want to attend.