



11th
**BODY RHYTHM
FESTIVAL**
22-25 MAY 2026 • HAMBURG

Info



Dear friends,

Whether you're joining us for the first time or returning like an old friend, we're so glad you're here. Dive in, try everything, and let yourself be surprised. With over 40 workshops and three evenings of live performance, there's plenty to discover.

We open the festival with *Gateway to Groove*: tap dance, vocal power and body percussion uniting in one energetic evening. *Performance Night* then brings together international body music artists and Hamburg acts in a programme that moves between vigorous and delicate, always thrilling. And let's see who unleashes their funk at the Open Stage.

This year's line-up features 10 main stage artists and welcomes guest artists from around the world, a diverse, handpicked gathering united by a love for rhythm, voice, movement and connection through body music.

In turbulent times, we feel it is more important than ever to take a stand for human diversity and togetherness. We believe the world is a better place when people make music together, and body music is the language we all share.

In this sense we wish you a wonderful time: meeting new friends, hugging older ones, dancing freely, singing together, grooving through wild rhythms and celebrating music.

Welcome to the 11th Body Rhythm Festival!

where **BODIES**
meet **SOUND**



Ben Schütz (he/him)
Producer & Artistic Director

Lenja Rother (she/her)
Co-Producer





© Will Lopes

Anita Gritsch (she/her)
Vienna, Austria

Anita has been working internationally with rhythm and movement for over 15 years, offering workshops for schools, universities, and theaters. She is part of the body music ensemble Groove Crew.

Her artistic projects include performances, theatre plays for young audiences, compositions, cooperation with other artists and videos. She has recorded and been on stage with the famous Brazilian body music band Barbatuques.

Together with Thamires Tannous, she will lead the Body Music & Voice Retreat for the fourth time in 2026.

Workshops

Body Rhythm Games

Do you work with children in primary or secondary schools? If so, this workshop is for you: it focuses on games, exercises and ideas that Anita has tried and tested in practice and shared with teachers during her training sessions. Of course, anyone who works with other groups and would like to use body percussion as a tool for group dynamics, body awareness or music education is also welcome.

Get started with Body Percussion

This is a workshop to get into the wonderful and playful world of rhythm played with our own bodies. No previous knowledge is required. Any kind of approaches, energies, ages, shapes, minds and ideas are truly very welcome to join. Adapt your challenge level as we progress!

No Music Without the Body

How conscious are we of our physical experience while playing body music? This workshop invites a deeper dive into movement patterns, body space, and presence. Working with body rhythms, we explore our personal way of moving and learn to guide our minds into the present. We discover how to develop our strengths and apply them to our body-music practice.



Ben Schütz (he/him)
Hamburg, Germany

Musician, festival founder, and educator Ben established the Body Rhythm Festival in Hamburg in 2015. This annual event draws over 200 participants globally for workshops and concerts.

Ben imparts his expertise in body percussion at prestigious institutions like music academies, universities, and Goethe Institutes. His reach extends to coaching drama students, crafting arrangements for choirs, and collaborating with youth orchestras. Ben has been teaching and performing worldwide, from France to China, showcasing his diverse talents. Trained at the Music College Hanover in drums and percussion across jazz, rock, pop, and music education, Ben's global exploration has taken him to São Paulo, Brazil, where he continued to find inspiration for his engaging teaching methods.

Workshops

Get into the Groove

A joyful dive into the feeling of groove: The moment when rhythm lifts your body, your head starts nodding, and everything flows. Through short loop songs, body percussion, and voice, we explore how groove moves us from the inside out. Be ready to get groovy.

Get started with Body Percussion

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Nana's Song

Join Charles and Ben on the festival's final day as we explore vocal arranging, rhythm choreography, and South American music. This year, we learn a body percussion version of a song by Brazilian legend Naná Vasconcelos: in the first part we discover the voices and in part two the rhythm joins in.



© Laura Sánchez

Charles Raszi (he/him)
Perugia, Italy

Charles, a Brazilian artist, infuses rhythm, capoeira, and dance into his unique style, creating imaginative grooves using only his voice, hands, and feet.

A former member of Barbatuques, a renowned body percussion group, Charles has toured globally and collaborated with icons like Bobby McFerrin. With a background in classical guitar and choral conducting from São Paulo, he directs music shows, composes soundtracks and leads workshops for all ages. Charles' passion for Brazilian culture and music shines through his captivating performances and inspiring audiences worldwide.

Since 2019, he has relocated his work and life to Italy, where he is artistic director of Collettivo Rosario.

Workshops

Body Music & Gesture of Brazilian Dances

Be inspired by the vocal and body-percussion arrangement of a Brazilian song. Let our bodies become a percussive, melodic and harmonic ensemble that dances and tells individual and collective stories.

From Body Percussion to Circle Song

In this workshop, we'll explore diverse Brazilian rhythms through body percussion. These rhythms will be transformed into a melodic framework, with overlapping voices creating a counterpoint harmony, resulting in the creation of a Circle Song.

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© Georg Teedeschi



Esther Diethelm (she/her)
Hamburg, Germany

Esther Diethelm, a Swiss-born teacher, has honed her expertise in musical group processes through the TaKeTiNa method since 1991, offering transformative workshops and rhythm trainings all over Europe.

Trained in rhythm pedagogy and therapy by Reinhard Flatischler and Dr. Wolf Büntig, Esther's work integrates elements of dance, voice, improvisation, circle singing, and percussion. Influenced by traditional Korean percussion and Balinese gamelan music, her musical journey includes immersive experiences in Tanzania, northern Ghana, and Southeast Asia.

Esther's contributions extend to leading Taketina workshops, teaching at music academies, and partnering with renowned ensembles like the Deutsche Kammerphilharmonie. She also applies Taketina rhythm therapy in psychotherapeutic settings and enriches communities with her rhythmic expertise.

Workshops

TaKeTiNa | Exploring Odd Metres

This workshop focuses on landing in your body knowledge of odd metres and navigating wide rhythmic spaces. TaKeTiNa offers a direct experience of odd metres (5, 7, or 9 beats) and their unique qualities, serving as inspiration and guiding you to new places in improvisation.

TaKeTiNa | Move & Groove in Polyrhythms

In this exploration of polyrhythmic movements, you'll become aware of several rhythms at once. You are invited to stretch your perception and coordination, making it both a challenge and fun. This experience helps you organize polyrhythms in your body and expand your musical comfort zone.

TaKeTiNa | Rhythm Meditation

Feeling overstimulated and exhausted but still want to sing and dive into polyrhythmic grooves? This is your class. TaKeTiNa lets you be active and relaxed simultaneously, inviting balance in your nervous system and guiding you into a gentle musical flow where stillness and movement meet.



© Neill Van Niekerk



Hillary-Marie ^(she/her)

Barcelona, Spain

Hillary-Marie is an interdisciplinary American tap dance artist who blends foot, body, and vocal percussion with storytelling to create immersive rhythmic experiences.

She has received multiple awards for choreography and interdisciplinary arts and performed with artists like Take 6 and Wycliffe Gordon. As founder of iTapOnline.com, she supports tap dancers worldwide and preserves its oral tradition. Each summer, she trains over 100 educators through her iTap Teacher Certificate Program, sharing her signature methodology: The 5 Fundamentals of Tap Dance and The Fundamental Fusion Approach.

Workshops

Improve Your Improv (Open Level)

Improvisation is a powerful way to explore, create and find your unique voice. Through simple, supportive exercises using body percussion, voice, feet, or any combination of the three, we will build confidence, strengthen listening skills, and explore the joy of creating in the moment.

Improve Your Improv (Intermediate/ Advanced)

For music makers who already love improvisation and want to go further. This workshop explores more layered challenges, sharper listening, stronger choices, and deeper rhythmic conversation. Using body percussion, voice, feet, or a combination of all three, we will will expand creativity and musical instincts.

Rhythm Remix

A welcoming beginner workshop built around simple footwork and musical movement. Rhythm Remix offers an introduction to percussive dance. Through basic footwork, you will discover how to create rhythm with the feet while developing confidence, creativity, and musicality.

Body, Voice, Feet: ONE Instrument

An interdisciplinary rhythm workshop that brings together footwork, vocal rhythm, and movement as one connected musical experience. Explore the whole body as a complete instrument, this class offers a playful way to deepen rhythmic awareness and experience music from head to toe.



© Alice Marcelino

Kate Smith ^(she/her)

Lisbon, Portugal

Kate is a vocal acrobat, composer, and facilitator blending musical precision, improvisation, and movement.

Creator of The Embodied Voice®, her work explores presence, body-mind connection, and rewilding through voice. Her debut EP *Songs from the Body* (2023) features voice/electronics and immersive performances. She’s composed for Whitechapel Gallery and Core Dance, and performed at Barbican, TATE Exchange, and National Theatre in London. Kate leads workshops worldwide in somatics, improvisation, and creative music, and founded Curiosa Ltd and the UK Vocal Improv Festival.

Workshops

Sound Bath

A gently held, relaxing workshop to explore giving and receiving sound baths using voice and touch. Through a “choose your adventure” format, you’ll be invited to engage in ways that feel right for you—selecting the sounds you receive, and optionally incorporating touch at your own comfort level. We’ll begin with a shared introduction to create a supportive and structured space, after which we’ll journey in small groups, and close with a nourishing collective sound bath.

The Oracle

In “The Oracle”, we will journey from a playful engagement with how our senses connect us to sound and language, all the way to a soulful place of meaning-making and authentic expression. Each tapping into our inner source of creativity, we’ll use voice and body to “channel” our songs-of-the-moment.

The Shape of Us

Can we make space for individual freedom while creating music that is greater than the sum of its parts? Through voice, movement, and improvisation, we explore the dance between individuality and belonging — and shape our sound together.



© Lu Arroyo

Lu Arroyo ^(she/her)

Gerona, Spain

Lu is a percussionist, dancer, and educator passionate about awakening consciences through rhythm, music, and movement.

She performed in international productions like "Sama Sama" (Cirque du Soleil, 2015–2016) and co-created "Momentum" with Mayumana (2008–2012). With a degree in Social Education and training in music therapy, she bridges pedagogy and performance, offering workshops, team building, and artistic direction. Certified in NLP by the Bandler & Grinder Society® (2005–2011), she also specializes in cultural event production. Her journey is a vibrant fusion of art and human development.

Workshops

From Mind to Body

Using music to connect with the body, we open imagination and proprioception — learning to inhabit ourselves with ease, feel from within, and express our authentic selves through genuine connection.

Learning Strategies

Using coordination exercises as a hook, we develop learning strategies rooted in body and music, applicable in any context.

We'll close by learning a short piece to perform together at Saturday's Open Stage.



© Neele Kilanowski

Philip Eick (he/him)

Aarhus, Denmark

Philip is a singer, conductor, and Vocal Leadership soloist at the Royal Academy of Music in Denmark.

He performs with Vocal Line, leads award-winning groups SONO and Local Vocal, and co-founded AVOPA. As a guest lecturer in Vocal Painting, improvisation, and choir conducting, he has taught at institutions like the Royal Academy of Music, Sibelius Academy Finland, and HMT Leipzig. He contributed to publications like “Jeder kann singen,” toured with Unduzo and Postyr, and performed with legends such as the Rolling Stones and Bobby McFerrin. His latest project: climate choir God Energi (engl. “Good Energy”).

Workshops

Beat Box – Boom!

There's a hidden drumset in your mouth waiting to be discovered! Learn core sounds, find your personal vocal percussion style, explore different grooves and feels – and become the rhythmic foundation for the voices around you. Unlock this cool facet of your voice, a bridge between melody and groove.

Music of the Moment (1/2)

Vocal Painting is a musical sign language that shapes vocal improvisation in the moment without interrupting the flow. Through playful settings using Vocal Painting and Vocal River forms, you'll be guided to shape your own melodies and rhythms – and let your music emerge. This session can also prepare you for Music of the Moment 2/2.

Music of the Moment (2/2)

For experienced improvisers ready to go deeper: explore more elaborate Vocal Painting formulas, structure, metres, modes and lyrics – and create a perfect vocal jam together. New to VoPa? Start at Music of the Moment 1/2.

Sing in Harmony

You don't need choir experience to love singing in harmony! We'll learn some song bangers, unlock our shared musicality, and see where the music takes us. Designed for all voices – no sight-reading or prior skills needed. Just bring yourself!



© Georg Tedeschi



Santi Serratosa ^(he/him)

Vic, Spain

Santi Serratosa is a drummer, music therapist and body percussionist. He studied at Conservatori del Liceu, Drummers Collective (NY), and earned a Master in Music Therapy (UPF).

He teaches drums and body percussion using his SSM method and lectures at universities and festivals. As a body percussionist, he leads the SSM BigHand and collaborates with Mariona Castells. In 2019, he published his first book: *Càntut*, released by Harmony Games – exploring orally transmitted songs through body percussion in music education.

Workshops

Choreos for Schools

Recognising the body as an instrument, we awaken creativity through body percussion. In playful sequences, rhythmic games, and flowing choreography, we explore the aesthetics of music while strengthening different ways of learning – including teamwork.

And if you feel ready, you're welcome to step onto the stage in the evening.

Get Started with Body Percussion

This is a workshop to get into the wonderful and playful world of rhythm played with our own bodies. No previous knowledge is required. Any kind of approaches, energies, ages, shapes, minds and ideas are truly very welcome to join. Adapt your challenge level as we progress!

Rhythm Pedagogy

This practical methodology comes alive in real time through clear signaling and supportive sequencing. Each step builds on the next, giving you structure while leaving space for play. Music remains at the heart of it all – the language through which we create, express, and feel together.



© Valentin Jagodzinski

Sarah Lasaki (she/her)

Hamburg, Germany

Sarah Lasaki has captivated audiences worldwide with her dynamic performances. The Hamburg dancer toured the world for seven years with the percussion show STOMP.

Born into a family of artists, Sarah began her classical dance training at Ballettzentrum Hamburg John Neumeier from the age of five. Her passion for dance took her on a global adventure, studying various dance forms in France, England, USA and Nigeria. She performed in productions like Elton John's "AIDA" and the European premiere of "Dirty Dancing." A defining moment on her artistic journey was joining the renowned percussion show STOMP in 2007, where she showcased her unique blend of dance, rhythm, and infectious energy for seven exhilarating years.

Sarah's work with artists like Dante Thomas, Seeed and Nena highlights her diverse interests and unwavering passion. Today, she is exploring collaborative group processes in educational and social projects with kids and adults.

Workshops

Body Drum & Dance

This workshop combines movement and music! We play rhythms and use the body organically to move in space. Using different patterns, you train your team spirit and your self-confidence at the same time. You will always find new ways to play the rhythms. Let yourself be infected by Sarah's energy and joy.

STOMP Technique

Come and refine your ear: how to sound like a band? Learn STOMP techniques, splitting rhythm patterns and sharing them within the group. Rediscover the joy of playing and listening to each other, while experiencing the strength of individuals in a collective. Boost your self-confidence through shared simple musical joy!

Guest Workshops

Barbatuques Technique

by João Paulo Simão *(he/him)*

© Beto Assém



João has been part of Barbatuques – Brazil’s renowned body percussion pioneers – since 2002. From him you’ll learn first-hand how their unique method weaves technique, improvisation, and collaboration into vibrant rhythms – opening spaces for creativity, connection, and shared energy.

Dandelion Light Flower: A Deep Flow of Dance Meditation

by Will Lopes *(he/him)*

© Björn Lingner



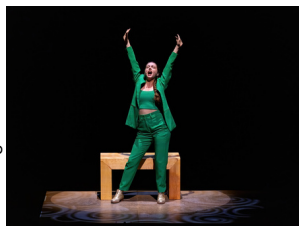
Blending Butoh, guided meditation, voice, and somatic practices, this workshop guides you through deep relaxation, breath, and movement: exploring presence, expression, and embodied communication in an open, sensitive space.

Festival Opening: Gateway to Groove

Lichthof Theater | 22 May 2026, 20:00 h

Hillary-Marie

The festival kicks off with tap dancing meets vocal power: Hillary-Marie (USA) brings rhythm and storytelling to the stage. The interdisciplinary American tap dance artist blends foot, body, and vocal percussion with storytelling to create immersive rhythmic experiences.



© Jeff Auger

Groove Crew

Five performers from Austria fill the space with rhythm, dance, song, groove and sound from what they always have with them: their bodies, their voices. Music, dance and emotion merge into a single entity, driven by a shared force: a passion for the body and its music.



© Karin Gruber

Open Stage Party: Unleash Your Funk

Bewegungswelten Studios | 23 May 2026, 20:30 h

We warmly invite all festival participants to showcase their talents in body percussion, voice, dance, clowning, and more! Experience the magic as groups often form spontaneously during the festival, coming together to create and improvise on stage. Join us for a celebration of creativity and collaboration!

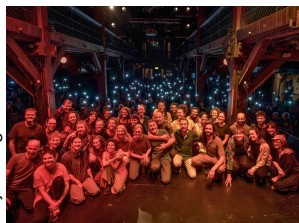


© Björn Lingner

Performance Night: Where bodies meet sound

FABRIK | 24 May 2026, 21:00 h

Get ready for a night full of rhythm! Bodies become instruments as dance, singing, stomps, and claps take the stage. Celebrate world class body music performances by our international festival artists and many more friends!



© Björn Lingner

Festival Locations



We recommend travelling by *Deutsche Bahn*, *HVV* public transport and the inexpensive rental bikes from *StadtRAD Hamburg*. There are also various *car-sharing* providers and electric shuttle buses (e.g. *MOIA*) in the city.

BODY RHYTHM FESTIVAL

HAMBURG

Thank You!

We would like to thank everyone who has helped and supported us in establishing and developing the festival: friends, family, partners and artists.

And finally: Thank you all! You are the heart of this festival – and you make it what it is: a vibrant gathering full of music, connection, and soul.

Imprint

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generated using AI.

Save the date!


After 12 years of rhythm, connection and groove, we're taking a creative pause in 2027 to dream up new. We'll be back: recharged, inspired and ready to move with you again.

See you from 2 to 5 June 2028.



We would like to thank all our partners!

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THEATER

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Housing, Arts, Culture,
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 **The Well**
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