

Seminar with Katharina Katharina Maschenka Horn at the School of Drama, Aristotle University of Thessaloniki

Το σεμινάριο, που απευθύνεται σε φοιτητές και φοιτήτριες του Τμήματος Θεάτρου, θα πραγματοποιηθεί δύο συνεχόμενα Σαββατοκύριακα, στον 6^ο όροφο της Εξαδακτύλου (1-2/12 & 8-9/12, 12.00-18.00). Δήλωση συμμετοχής στη Γραμματεία.

During the 4-days weekend seminar, Katharina Maschenka Horn will work with the students on a dance/movement technique called **use-abuse-method**, as well as improvisation and composition techniques. The work will enrich the student's physicality and movement vocabulary, help the students in the development of their own work / style, as well as enhance and broaden knowledge for the creation of their own work.

The days will begin with an extensive and deep warm-up in the **use-abuse-style**, followed by individual, partner and group exercises.

More information about the use-abuse-method:

USE-ABUSE is a dance method that has been developed by Berlin based choreographer Nir De Volff in collaboration with the performers of his company Total Brutal, in which Katharina Maschenka Horn is a member since 2010.

USE-ABUSE explores our somatic structure and its harmonic / disharmonic relation to our breathing system. It focuses on somatic areas that we tend to ignore and brings them alive. The method aims to research the harmonized coordination between the body and the emotional system of dancers, actors and performers.

USE-ABUSE stimulates freedom and honesty in individual bodies. It demands to neglect self-judgment. While this method was designed to find greater range within a physical practice, through the participants exploration of this technique other byproducts may appear, whether that be social, political or therapeutic. It offers new dimension for movements, new exploration of the body „as we know it“.

USE-ABUSE is a search for total freedom of the muscles that leads dancers to a new physical sensation and expands their borders. It allows creativity to be explored in the studio with the notion of leaving behind limitations and (bad) habits.

USE-ABUSE is taught by Nir and Katharina and has been invited to dance center around the world.

More information about Katharina:

Katharina Maschenka Horn is a Berlin based German dancer, choreographer and teacher in the field of contemporary dance and dance theater. She studied Dance and Choreography at the ArtEZ - Hogeschool voor de kunsten Arnhem (NL).

Since 2010 Katharina is working with Nir de Volff/ Total Brutal (Berlin, D), performing, assisting, as well as teaching the Total Brutal 'use-abuse-method'. Since 2014 Katharina performs at Schaubühne Berlin (D) in the production NEVER FOREVER by Falk Richter and Total Brutal. Katharina is working as a choreographer since 2008 with tight connections to the Balkan.

www.katharinahorn.com