

# AUROVILLE WORKSHOP INTENSIVE

WITH SWAPNIL KULKARNI

19<sup>th</sup> – 23<sup>rd</sup> Aug, 2024, New Creation Studios , Auroville, India

Join us for a 5-day workshop in Auroville, featuring contemporary dance with a focus on Intense Contemporary dance Techniques, Choreography, improvisation and composition and Creative Practices. Set in a beautiful space, this workshop is perfect for anyone looking to move freely and experience the joy of dance.

DATE	9am to 11am	11am to 2pm	2pm to 4pm
19th Aug 2024 (Monday)	Techniques/Choreography	Break	Improvisation and composition, C.P
20th Aug 2024 (Tuesday)	Techniques/Choreography	Break	Improvisation and composition, , C.P
21st Aug 2024 (Wednesday)	Techniques/Choreography	Break	Improvisation and composition, C.P
22 <sup>nd</sup> Aug 2024 (Thursday)	Techniques/Choreography	Break	Improvisation and composition, C.P
23 <sup>rd</sup> Aug 2024 (Friday)	Techniques/Choreography	Break	Improvisation and composition, C.P

## Fees:

Drop-in: ₹600 per class.      One day (2 classes): ₹1000.      Five days (10 classes): ₹4500  
(Aurovillians will receive 25% discount)

## To Apply:

- **WhatsApp:**
  - Savithri: +91-8940477667 (studio details)
  - Swapnil Kulkarni: +91-7558220014 (workshop information)

**Register:** Contact us to express your interest, and we will add you to our participant list. Fees will be collected on the day of the workshop. Please inform us in advance if you need to cancel.

**Accommodation:** For out-of-town participants, many guest houses are available in Auroville.  
[Guest Houses](#) (Accommodation not included in workshop fees).

**Food:** Auroville has excellent restaurants and cafes. We will provide information about nearby options upon arrival.

**Bike Rent:** Affordable bike rentals are available next to the studio. Contact details can be provided if needed.

**Beach:** The beach is just 5 minutes away, with the popular Shima beach a 10-minute bike ride.



Swapnil Kulkarni is an independent artist, born And based in India. He is recognized as a Performer and teacher both Nationally and Internationally. He graduated and Post-graduated at AREA DE DANSA, Barcelona, Spain. He is also a member of International Dance Council (CID), UNESCO (United Nations Education, Scientific, and Cultural Organizations) in Paris, France. He also holds a dance diploma from Shiamak Davar International India Pvt. Ltd., Mumbai, India. Swapnil is a certified yoga teacher and practitioner, as well as a Contact improviser and facilitator. Additionally he has done his master's and bachelor's in Computer Applications.

## Production/Creation/Research

- **“Garden”** a group creation by **LaTaimada** Company, performed at Mercat de les flores, Barcelona, Spain. Participated in residency.
- Solo Creation **“Transformation and Journey of Creature”** final presentation in 5<sup>th</sup> Jun 2022 at AREA De Dansa and NunAart, Spain.
- **Duet Creation “Skeleton”** performed in NunAart with dance Artist Pedro Rota. Spain.
- **“ALETHEIA”** a group Dance creation performed at NunAart as a part of ProjectEm2, on 26<sup>th</sup> march 2022, under the direction by Gisela Creus and Triny Reinoso.
- **“Todas Las Gotas Del Mar”** a group Dance creation performed at NunAart as a part of ProjectEm3, under the direction by Gisela Creus and Triny Reinoso.
- **“Sustainable Bodies”** community dance performance project supported by Global Water Dances, Laban/Bartenieff Institute of Movement Studies, Apocapoc, Barcelona, Spain 2021.
- Research In the Choreographic Centre of Maison Bejart with Baeijahn Dance Company asbi. Research Project Called **“Traces”**, Brussels, Belgium 2021.
- Performed in **Two Big Creations BODY OF NOBODY, NIGHT DISTANCES** Creation By Daniell Alnuma Alter at Jungle Dance Theatre Goa, India 2018-2020
- **“METAAL”** International production of Shiamak's OYP[One year Diploma Program] Mumbai, India 2014.

For Info:- <https://www.instagram.com/swapnilkulkarni1883/>

## Workshop: **ESSENCE OF MOTION**

“Essence of Motion” workshop is a transformative journey delving into the depths of the body, allowing us to unite with our true essence through the art of movement, creative expression, and spontaneity. Our aim is to tap into the origins of movement, gaining a profound insight into its purpose and purity. This workshop comprises two main components:-

### 1. **Contemporary Dance Techniques and Choreography:-**

Embrace morning sessions dedicated to strengthening and conditioning the body through a blend of contemporary dance techniques and yoga. Experience movement across the floor to elevate spatial awareness and refine dance movements, culminating in the creation of unique choreographic pieces, whether individually, in duets, or as a group.

### 2. **Improvisation/ Composition and Creative Practices:-**

Delve into various methods and tools of improvisation such as contact improvisation, task-based improvisation, score-based improvisation, site-specific improvisation, sensory improvisation, partnering improvisation, authentic movement improvisation, imagery-based improvisation, rhythmic improvisation etc..

Each of these methods encourages spontaneity, creativity, and a deep connection to the present moment, making improvisation a vital and dynamic aspect of dance.

As well as exploring multidimensional body awareness and breathing techniques to enhance inner presence within the performance space, whether as part of a duet or a group of dancers.

\* Creative practices:- Use of Props and Costumes: Integrating objects, costumes, and set pieces into the dance to enhance the visual and thematic elements of the performance.

\* feedback and reflection.

Participants are encouraged to arrive with an open mind and body, ready to flow effortlessly.