

PROFESSIONAL EDUCATION PROGRAM CONTEMPORARY DANCE

TEJIDO CONECTIVO

COURSE 2022 – 2023.

TEACHERS:

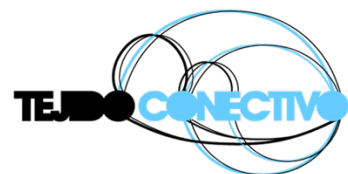
Andrea Amor

Libertad Pozo

Miguel Ángel Punzano

DIRECTOR:

Miguel Ángel Punzano



PROVISIONAL PROGRAM 2022/2023

1. CALENDAR

The program begins on October 3, 2022, and ends on June 22, 2023. We take a two-week break at Christmas and one week at Easter.

SCHEDULE	MONDAY TO THURSDAY / 09:30 – 14:00 h
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STARTING DAY	OCTOBER 3, 2022
FIRST TRIMESTER	October 3 – December 22, 2022
Christmas holydays	December 23, 2022 – January 8, 2023
SECOND TRIMESTER	January 9 – March 30, 2023
Easter holidays	March 31– April 9, 2023
THIRD TRIMESTER	April 10 - June 22, 2023
END DAY	JUNE 23, 2023

PERFORMING DATES: 21 NOV, 19 DEC, 23 JAN, 20 FEB, 20 MAR, 24 APR, 22 MAY, 22 JUN

2. THE DISCIPLINES

TECHNIQUES	Release / Floorwork
	Structural body work / Somatic techniques
	Acrobatics / Partnering
	Contact Improvisation
SCENIC PRACTICES	Improvisation / Composition
	Laboratory (Choreography - creation)

3. TIMING

FIRST TRIMESTER

DISCIPLINE	PROFESSOR	H / WEEK
Release / Floorwork	Miguel Ángel Punzano	4
Structural Body Work / Somatic Techniques	Miguel Ángel Punzano	4
Improvisation / Composition	Libertad Pozo	3
Laboratory (Choreography / Creation)	Andrea Amor	3
Acrobatics / Partnering	Miguel Ángel Punzano	2
Contact Improvisation	Miguel Ángel Punzano	2

SECOND TRIMESTER

DISCIPLINE	PROFESSOR	H / WEEK
Release / Floorwork	Miguel Ángel Punzano	4
Acrobatics / Partnering	Miguel Ángel Punzano	4
Improvisation / Composition	Libertad Pozo	3
Laboratory (Choreography / Creation)	Andrea Amor	3
Structural Body Work / Somatic Techniques	Miguel Ángel Punzano	2
Contact Improvisation	Miguel Ángel Punzano	2

THIRD TRIMESTER

DISCIPLINE	PROFESSOR	H / WEEK
Release / Floorwork	Miguel Ángel Punzano	4
Contact Improvisation	Miguel Ángel Punzano	4
Improvisation / Composition	Libertad Pozo	3
Laboratory (Choreography / Creation)	Andrea Amor	3
Acrobatics / Partnering	Miguel Ángel Punzano	2
Structural Body Work / Somatic Techniques	Miguel Ángel Punzano	2

4. THE JORNEY

The **first trimester** is focused on the concept of emptiness. The objective is to expand the knowledge of our body-mind through the understanding and the embodiment of the anatomical and biomechanical principles of movement. We'll work on the most basic of the thinking skills: Observation, in the wide sense of the word. The subjects **Structural Body work** and **Somatic Techniques** will be essential for this beginning.

The **second trimester** is focused on getting a deeper and wider understanding of the concept's technique and physical condition. We'll go into a detailed movement analysis and in-depth study of joint anatomy and physiology through movement. And we'll gently push our boundaries in order to expand the potential of our bodies and minds. The subject **Acrobatics / Partnering** will help us in this mission.

The **third trimester** will be the moment to connect and relate the knowledge acquired, in order to get a global understanding of movement, in a general and also in a personal way. Will be the time to be especially playful and creative, and let our body and mind express itself to find a deeper understanding of our personal language. **Contact Improvisation** will help us.

5. TIMETABLE

FIRST TRIMESTER				
OCTOBER 3 – DECEMBER 22 (2022)				
HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
09:30 -10:00	SELF PREPARATION			
10:00 -12:45	RELEASE / FLOOR WORK Miguel Ángel Punzano			
	SBW / ST Miguel Ángel Punzano	ACRO / PARTNER Miguel Ángel Punzano	SBW / ST Miguel Ángel Punzano	CONTACT IMPRO Miguel Ángel Punzano
12:45 -13:00	BREAK			
13:00 -14:30	IMPRO / COMPO Libertad Pozo	CREATION LAB Andrea Amor	IMPRO / COMPO Libertad Pozo	CREATION LAB Andrea Amor

SECOND TRIMESTER JANUARY 9 – MARCH 30 (2023)				
HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
09:30 -10:00	SELF PREPARATION			
10:00 -12:45	RELEASE / FLOOR WORK Miguel Ángel Punzano			
	SBW / ST Miguel Ángel Punzano	ACRO / PARTNER Miguel Ángel Punzano	CONTACT IMPRO Miguel Ángel Punzano	ACRO / PARTNER Miguel Ángel Punzano
12:45 -13:00	BREAK			
13:00 -14:30	IMPRO / COMPO Libertad Pozo	CREATION LAB Andrea Amor	IMPRO / COMPO Libertad Pozo	CREATION LAB Andrea Amor

THIRD TRIMESTER APRIL 10 – JUNE 22 (2023)				
HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
09:30 -10:00	SELF PREPARATION			
10:00 -12:45	RELEASE / FLOOR WORK Miguel Ángel Punzano			
	SBW / ST Miguel Ángel Punzano	CONTACT IMPRO Miguel Ángel Punzano	ACRO / PARTNER Miguel Ángel Punzano	CONTACT IMPRO Miguel Ángel Punzano
12:45 -13:00	BREAK			
13:00 -14:30	IMPRO / COMPO Libertad Pozo	CREATION LAB Andrea Amor	IMPRO / COMPO Libertad Pozo	CREATION LAB Andrea Amor