

SEEDs programme

Professional training & development in the Art of Movement



“Life is movement and movement expresses the soul” defines the philosophy behind CobosMika Company’s artistic project from the beginning of its professional trajectory.

In 2010, the company started a new phase dedicated to professional training to convey this philosophy and experience to a new generation of people who feel and experience dance intensely.

Olga Cobos and Peter Mika’s professional pedagogical path in different national and International stages, brought to live the idea of developing a long duration education programme in a working space, a school.

CobosMika SEEDs is the result of this pedagogic-artistic commitment addressed to dance students-dancers, which is constantly growing and is acquiring a solid position at national and international levels as one of the most interesting, quality and decentralised dance training proposals in the territory, which reaches its 12th edition in 2021.

CobosMika SEEDs aims at training dancers and interpreters in the field of the art of movement in a professional company environment

CobosMika SEEDs programme consists of **SEEDs Training**, a 2-year education programme (Red, Blue) and **SEEDs Company**, CobosMika's Junior Company.

In order to join the SEEDs programme, candidates must have a previous training in dance and must be over 18. The selection is made through an audition.

Throughout the year, several auditions are carried out in different locations such as the Palamós creation centre and Barcelona as well as internationally in France and Germany. (On-site auditions are subject to the health measures in place).

Video auditioning is also possible in case of not being able to attend the on-site audition.

CobosMika Company artistic directors, Olga Cobos y Peter Mika have designed the programme in collaboration with the team of teachers as well as the management, production and technical team members.

With the goal of offering a wide and diverse perspective of the world of contemporary dance, CobosMika Company selects and invites several artists to work in the programme.

The programme is enriched with circus, acrobatics and physical theatre sessions together with good nutrition practice, anatomy and introduction to theatre lightning, dramaturgy, acting and life management skills.



SEEDs Training

SEEDs RED

SEEDs RED focusses on technical enhancement and the building up of own identities.

Students learn a range of relevant contemporary dance techniques through rigorous studio-based practice and explore the methods used to generate and refine movement material.

From day one, the RED programme poses challenges to students that lead them to experience everything surrounding the dancer's world and that make them feel as such, experiencing all this from their first course of integration in our educational programme.

The **goal** of this group is to set solid technical grounds that will enable further growing in the dance world

Lines of work

- Contemporary dance technique
- Ballet technique
- Stage practice
- CobosMika repertory
- Improvisation
- Identity research and pursuit
- Video dance
- Gesture dance

These lines of work are complemented with the following education satellites: anatomy, lighting design, theatre acting, nutrition and health.

The **duration** of the course is from October to June with weekly classes Monday to Friday, from 9:00 a 14:30



SEEDs BLUE

SEEDs BLUE focusses on the stimulation of creativity skills and improvisation during the artistic process.

The course offers technique-based classes, physical practices and workshops, which will lead the dancers to attain the resources required to become self-confident, expressively creative artists as well as a deep knowledge of their individual physical structure and the capacities that enable expression through a variety of contemporary dance styles.

The **goal** of SEEDs Blue is the development of the dancer's personal qualities through the research practice.

Lines of work

- Improvisation
- Composition
- Partnering / contact improvisation
- Dramaturgy

These lines of work are complemented with the following education satellites: anatomy, lighting design, nutrition and health as well as technical classes.

- How to devise a movement, which is both innovative and technically challenging using our body to divide our ideas?
- How do we create new composition forms beyond the traditional approaches?
- How to deal with a form of art so dependent on a complex theatre universe?

These questions will accompany the dancer who will work on them throughout the year course.

The **duration** of the course is from October to June with weekly classes Monday to Friday from 15:00 to 20:30h



SEEDs Company

This is CobosMika's Junior Company. It is formed by a maximum of 15 dancers selected by audition-invitation.

Goal: The work is focused on interpretation-creation with the objective of achieving a wide knowledge of the profession with a balance between the dancer's individual interests and the dancer as an artist before making the leap to professional life.

The dancers-interpreters will learn and rehearse choreographies of prominent and renowned national and international choreographers, embracing a diverse repertory as well as introducing them to different choreographic methods and styles.

Programme: Besides the work with different creators, the programme counts on a wide selection of guest artists who introduce different languages and techniques.

The results of the creations will be presented during the year at:

- Theatres in the area
- Circuits and Festivals in the area
- At international level, through exchanges with collaborators

Venue: SEED's Company is based at the *Espai de Creació CobosMika* although it will also work in residence in different locations of the area.

Added value: Being part of SEEDs Company provides the opportunity to experience what it means being a member of a dance company during nine months (the duration of the project).

As part of this innovative programme, dancers-interpreters will be invited to boost their practice assuming creative challenges. They will work individually and collaboratively with the opportunity of making new contacts through international artists.

Duration: From mid-September to mid-May (13/09/21 a 15/05/2022), Monday to Friday, from 9:00 to 14:30h.

SEEDs Company programme puts the emphasis on regular presentation of performances throughout the year.



VENUE

The *Espai de Creació CobosMika* is located in Vall- llobrega, an industrial building housing two dance studios of around 330sqm, an office, common areas and a large open air garden.

Address

Costa Brava Centre

C/Turisme, 1

17253 Vall-Llobrega (Girona) - SPAIN

Google Maps link <https://goo.gl/maps/otup6zAnhwY6wXwE6>



AUDITIONS

Due to the exceptional situation caused by the COVID 19 health crisis and its implications (travel difficulties, mobility restrictions, limitation of number of persons gathering), on-site auditions are cancelled.

We have decided to organize selections via Video-Auditions.

How to audition?

Step 1: Download and complete the application form in the following link:

https://cobosmika.com/docs/application_form_cobosmika.pdf

Step 2: Attach CV and headshot photo.

Step 3: Attach two videos:

- A presentation video in English/French or Spanish to briefly introduce yourself and explain your motivation to join the SEEDs programme.
- A video or link where we can see technique and improvisation. It must also include floor work material

Step 4: Send all information via email to formacio@cobosmika.com

PEDAGOGICAL AND ARTISTIC DIRECTION:

OLGA COBOS

Born in Palamos, Spain. Honours in Dance from the Royal Academy of Madrid. Awarded with the 'Grand Prix' and gold medal at the 'VI Concours International de Dance de Paris' unanimity, in 1994. Nominated as the 'Best Young Dancer' by a German critic in the 'Ballet International Tanz Aktuell' in 1995. Nominated as 'Best Dancer' by a German critic in the 'Ballet International Tanz Aktuell' in 1999. In 2011 she was nominated as Best European Dancer by Dance Europe Magazine. In Lisboa (Portugal), she worked with the company 'Rui Horta and friends', in Germany, she was a member of S.O.A.P. Dance Theatre Frankfurt for 6 years. Here she also created her first piece. In 1996 she was invited as a first dancer to join the 'Ballet Gulbenkian' in Lisboa.

There she also worked as an assistant of the Portuguese Rui Hort, which led her doing assistance for his pieces for several theatre companies, like Ballet du Grand Theatre de Geneve, Stadttheater Dortmund, Ballet Gulbenkian, Ballet Gulbenkian Lisboa, Stadttheater Gärtnerplatz München, Stadttheater Saarbrücken, Stadttheater Linz, etc. She has made films with Lutz Gregor (Solo) for the German channel ZDF, and with Marcus Behrens (Duet) for the program 'Traks' on the channel ARTE. In 1999 she became a member of Rui Horta stage works. Lately she has been working as free dancer with Russell Maliphant in London, and performing a special chamber piece with the dancer Peter Mika.

As a guest teacher she has been invited in a many prestigious International dance centers like: at Hochschule (Frankfurt) University of Drama and Arst, Institut del Teatre de Barcelona, at the Iwanson Tanzschule (München),

Olga Cobos together with the choreographer and pedagogue Peter Mika started a new phase, to convey his philosophy and experience to a new generation of people who feel and live the dance deeply.

PETER MIKA

He received his education at the University of Music and Drama Art in Bratislava. Awarded by the prize of the Rudolf Nureyev Foundation at the '8th International Concours de Dance de Paris' in 1998. Nominated as 'Best Dancer' by a German critic in the 'Ballet International Tanz Aktuell' in 1999. Dancer of the Torzo Ballet in Bratislava, Bruno Genty in Paris, S.O.A.P. Dance Theatre Frankfurt, Robert Pool Dance Company in Essen, Rui Horta stage works in Munich and Russell Maliphant Company in London. As a teacher he has been invited in a many prestigious International dance centers, stages, festivals and companies: Institut del Teatre in Barcelona, Centre James Carles in Toulouse, Epse Danse in Montpellier, University of Art in Frankfurt, Studio Harmonic In Paris, etc... He has created choreographies for several dance companies like Stattheater Braunschweig, Ballet Theatre Munich, Landesteater Linz, Bratislava Dance Theatre. For the TV station Arte he made with Marcus Beherens a dance movie 'Mareas'. Peter has been performing in Western and Eastern Europe, the USA, Canada, South America, and Japan, in Theaters like: Teatre de la Ville (Paris), Joyce Theater (New York), Royal Opera or The Place (London) among others...

In 2000 he created CobosMika Company with Olga Cobos.



PEDAGOGICAL TEAM-REGULAR TEACHERS:

Fanny Lai – Contemporary dance

Claire Pernette – Contemporary dance

Coralie Arnault – Ballet

Noelia Mansilla – Physical preparation



Guest artists in previous editions of SEEDs programme:

Maeva Berthelot (Hofesh Shechter); Sharon Fridman; Anton Lachky; Martin Kilvady (Les Slovaks)
Roberto Olivan (cia.Enclave,Deltebre Dansa); Corinne Lanselle; Lali Ayguade (Akram Khan)
Julia Robert and Rudi Cole (HumanHood); Laura Vilar; Laia Santanach; Marko Fonseca (Los Innato)
Jos Baker (Peeping Tom); Sam Coren (Hofesh Shechter); Samuel Lefeuvre (Peeping Tom)
Guy Shomroni & Yaniv Abraham (Batsheva Dance Company); Miquel Barcelona; Melodie Cecchini (Les Schinis)

TEASERS

VIDEO SEEDs PROGRAMME: <https://vimeo.com/324158017>

“ZEBRA” by Peter Mika: <https://vimeo.com/497194226>

“UNBOXED” by Albert Galindo: <https://vimeo.com/497225423>

“GOD SAVE THE QUEEN (AND THE REST OF US?)” by Katia Benbelkacem: <https://vimeo.com/495735264>

“HIRAETH” by Laia Santanach <https://vimeo.com/385452233>

“IT ALL STARTS WITH ONE” by Peter Mika: <https://vimeo.com/383949691>

“EMOKON” by Diego Sinniger: <https://vimeo.com/509702758>

“BORDERLINE” by Peter Mika: <https://vimeo.com/509702039>

“IN VOLUPTAS MORS” by Peter Mika: <https://vimeo.com/312125548>

“PUZZLE WORK” by Anton Lachky: <https://vimeo.com/509702341>



CONTACT

formacio@cobosmika.com

+34972196985

www.cobosmika.com