Foto ©Joe Hogan

”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 decentralized dance training proposals in the territory, which reaches its 17th edition in 2026/27.

CobosMika SEEDs programme consists of **SEEDs Training**, an education programme with 2 groups (Red and Blue) for professional dancers 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 center and Barcelona as well as internationally in France. Video auditioning is also possible in case of not being able to attend the on-site audition.

The programme has been developed by CobosMika Company artistic directors, Olga Cobos and Peter Mika, in collaboration with the pedagogical teams 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.

Foto ©Boris Prat

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Foto ©Joe Hogan

SEEDs company

SEEDs Company is CobosMika's Junior Company. It consists of up to 15 dancers selected through an audition process.

The programme focuses on performance and creation, with the aim of providing a broad understanding of the profession while fostering a balance between each dancer's individual interests and their artistic development before taking the step into professional life. The dancer-performers learn and rehearse works by leading national and international choreographers, exploring a diverse repertoire while being introduced to a variety of choreographic methods and artistic approaches.

Besides working with different choreographers, the programme also welcomes a wide range of guest artists who introduce participants to diverse movement languages, creative approaches, and dance techniques. The results of these creative processes are presented throughout the year at Theaters, Circuits and Festivals in the area.

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.

SEEDs Company is based at the *Espai de Creació CobosMika* although it will also work in residence in different locations of the area.
SEEDs Company programme puts the emphasis on regular presentation of performances throughout the year.

Foto ©Joe Hogan

Foto ©Joe Hogan

SEEDs Training

SEEDs Training is CobosMika Company's education programme, which consists of two groups, SEEDs Red and SEEDs Blue, each with specifically designed lines of work to achieve the goals set for the group.

You will find all detailed information on each group below.

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

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

The following questions will accompany the dancer who will work on them throughout the year course:

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?

Foto ©Joe Hogan

VENUE

The *Espai de Creació CobosMika* is located in Vall- llobrega, an industrial building housing two dance studios of around 150sqm every one, 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

FEE AND PAYMENT TERMS

Full fee 4900€

First payment 1000€ enrolment fee when confirming acceptance
Second payment 3900€ (1st August)

Payment by instalment*
This option offers the possibility to pay the course in 2 instalments as follows:

First payment: 1000€ enrolment fee when confirming acceptance
Second payment: 2050€ (1st August)
Third payment: 2050€ (1st January)

*this payment option will mean an added of 200€

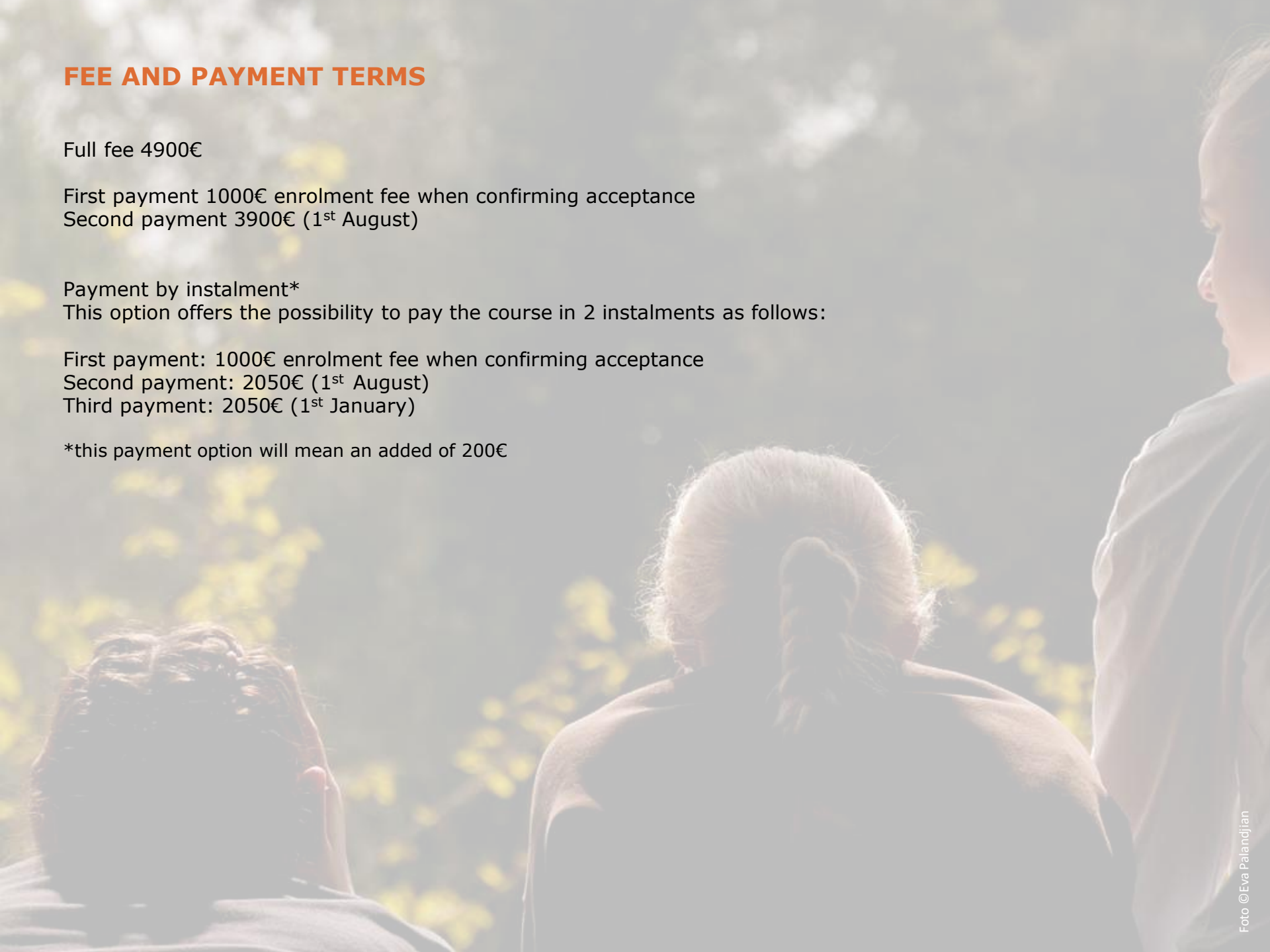


Foto ©Eva Palandjian

SEEDs PROGRAMME PEDAGOGICAL AND ARTISTIC DIRECTION

OLGA COBOS

Dancer, choreographer and pedagogue
Codirector & cofounder of CobosMika Company & SEEDs programme
Director and founder of the social projects TEDANSA, SOLC, DIMOVE, INVOLUCR'ART

Foto ©Joan Carol

Born in Palamós (Girona), where she began her dance studies, she continued her training in Barcelona and at the Royal Professional Conservatory of Dance Mariemma in Madrid, graduating with honours in higher dance studies, specializing in choreography and performance techniques.

In 1994, she won the Grand Prix Gold Medal awarded by Madame Chirac, the President of the Festival, at the "VI Concours International de Danse de Paris" with unanimous jury decision.
In 1995, she was nominated for "Best Young Dancer" and in 1999 for "Best Dancer" by the critics of the German magazine "Ballet International Tanz Aktuell."
In 2011, she was again nominated "Best European Dancer" by the cultural critics of Dance Europe Magazine.
For 20 years, she lived and danced as a principal dancer with companies such as Rui Horta, SOAP Dance Theater Frankfurt, and Russel Maliphant, touring numerous cities in Europe, America, and Asia. In 2000, she co-founded her own company with Peter Mika, with the aim of continuing to dance and develop her choreographic language in their own pieces.
She has also worked as an assistant to the renowned choreographer Rui Horta at major international theatres such as the Grand Théâtre de Geneva, Ballet Gulbenkian, Staatstheater Gärtnerplatz München, Stadttheater Dortmund, Stadttheater Saarbrücken, Stadttheater Linz, among others.

As a guest teacher she has been invited in many prestigious International dance centres such as Hochschule University of Drama and Arts (Frankfurt), Institut del Teatre (Barcelona), at the Iwanson Tanzschule (München), Stage International Dance Voiron (France), among others.
Since her return to Palamós in 2004, she has worked to introduce dance to the region through education with the goal of offering decentralized quality training for both professionals and amateurs.
Olga also works in choreographic direction and movement consultancy with other entities and artists such as the Palau de la Música, La Cobla de Sant Jordi Ciutat de Barcelona, La Córcoles, Ponten Pié, among others.

PETER MIKA

Dancer, choreographer and pedagogue
Codirector & cofounder of CobosMika Company & SEEDs programme

Foto ©Antoni Illa

Born in Michalovce, Slovakia. He graduated in dance pedagogy at the University of Performing Arts in Bratislava.

In 1998, he received the Rudolf Nureyev Foundation Prize at the "8th International Concours de Dance de Paris," the "Tanzförderpreis City of Munich" in 2002, and the 2nd Prize at "The International Solo Choreography Competition" in Stuttgart.

Throughout his career, he has danced at the Grand Théâtre de la Ville de Paris, Royal Opera House in London, Opéra Comique in Paris, The Joyce Theater in New York, Maison de la Danse in Lyon, The Place in London, and other theatres around the world (Canada, Russia, Japan, Denmark...).

Creatively restless, he began to emerge as a choreographer by creating pieces for major companies such as Staatstheater Braunschweig, Ballet Theatre Munich, Landestheater Linz, Bratislava Dance Theatre and his own dance company.

As a pedagogue, he has been invited to various institutions, universities, workshops, and festivals such as the Institut del Teatre (Barcelona), Centre James Carles (Toulouse), Iwanson International School of Dance (Munich), University of Art (Frankfurt), Studio Harmonic (Paris), ARTEZ Arnhem (Netherlands), Festival Guandong (China), among others.

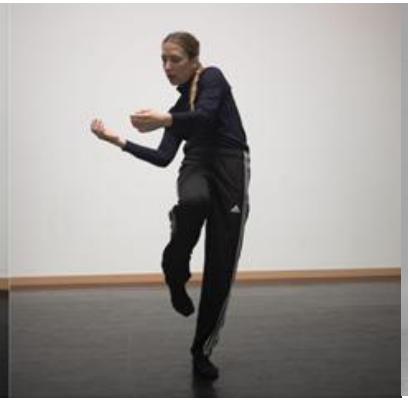
In 2000, he co-founded CobosMika Company with Olga Cobos, with the goal of continuing to dance and develop his choreographic language within the framework of their own company.

PEDAGOGICAL TEAM (REGULAR TEACHERS)

Olga Cobos
Contemporary

Peter Mika
Contemporary

Coralie Arnoult
Ballet



Claire Pernette
Contemporary

Maïlee Mouttou
Contemporary

OFFICE & TECHNICAL TEAM

Cris Bosch
Project manager

Sole Cobos
Accountant

Jorge Fuentes
Light designer & technical

Foto ©Emilio

TEASERS SEEDs

"Heaven help me" by Peter Mika

"Fools" by Peter Mika

"Amor y Furia" by Francesco Gammino

"Tens mel dins" by Carla Cervantes

"Tender tension" by Albert Galindo

"Ceci n'est pas un debut" by Joe Baker

"Sigil of the eye" by Peter Mika

"Holy Somke" by Claire Perntte

"She is women" by Carla Cervantes

"Crave" by Albert Galindo

"Scenario" by Laura Lami & Tristan Robilliard

"Triumph" by Peter Mika

"Hush!" by Jacob Gomez

"Dreaming Nowhere" by Akira Yoshida

"Innana" by Peter Mika

"Atla" by Claire Pernette

"Unboxed" by Albert Galindo

"Borderline" by Peter Mika

"Street Pet Saloon" by Peter Mika

"La setena cara del dau" by Peter Mika

"The square" by Mathieu Geffré

"Becoming" by Iván Pérez

"Zebra" by Peter Mika

"Variations on an original theme" by Jos Baker

"The messengers with a shaved neck" by Ezio Schiavulli

"In voluptas mors" by Peter Mika

"It all starts with one" by Peter Mika

With the support of:

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