



ALMA PRO

TRAINING, DEVELOPMENT AND
PRODUCTION OF
CONTEMPORARY DANCE

D N A
dance company

VERSION 2020-21



explore | discover | create

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Welcome

In the next pages you will enter the world of AlmaPRO, a place of exploration, discovery and creation of tomorrow's contemporary dance.



We are happy to meet you.

Welcome

In a social and artistic context where talent is perceived as a gift rather than an achievement, we find necessary to create a healthy and formative environment where a young artist is able to head towards the future with awareness, competence, ethics and experience.

AlmaPRO is a place where exploration, discovery and creation are developed as a personal strategy through which young artists find their way to unveil, recognise and reinvent themselves independently from their background. Such process happens in a context where mistakes and attempts are the access points to a deep learning.

Similarly to how the DNA transforms and improves by preserving a productive mistake, for a performer faltering becomes the occasion to grow and make progress.

AlmaPRO is composed by a high-qualified team that keeps the humanity of looking into each student's eyes, making every effort to give them valid opportunities to find knowledge, experience and work.

I attempted to build what was missing when I was younger, in order to become better than what I am now.

Elisa Pagani

*Principal of AlmaPRO and Artistic
Director of DNA dance company*





Hotbed of artistic production and training, which includes:

Training Courses

AlmaPRO offers training courses specifically designed for every type of professional role in the dance industry.



Directed by Elisa Pagani, DNA is the resident company of AlmaPRO, as well as the artistic structure head of the organisation and coordination of AlmaPRO itself.

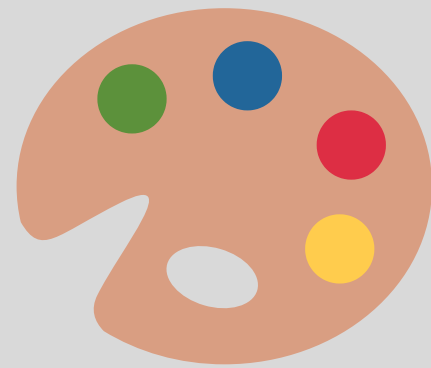
Artists in collaboration

AlmaPRO hosts the work of a choreographer just as much present in the education and organisation:
Simona Bertozzi.

OUR GOAL

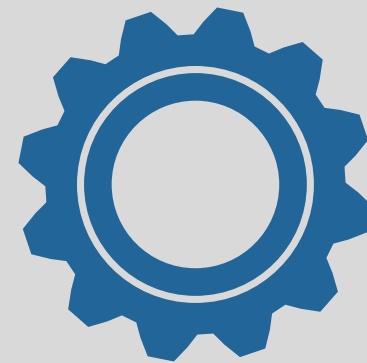
To make AlmaPRO Bologna's choreographic centre, a dance house able to welcome, educate, support and spread high quality dance activity of the territory and more.

In AlmaPRO we aim to foster and build:



1

Creative and artistic residencies, in short and long term, along with sharings and shows.



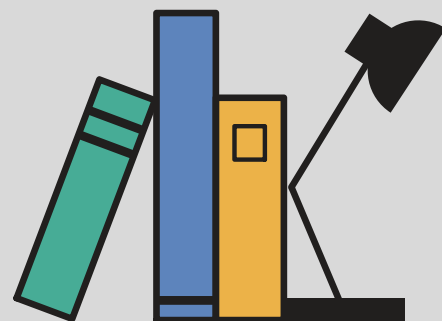
2

Production for the resident company and **support** for the associate choreographers as well as external ones.



3

Audience development and audience engagement through projects for amateurs and the community.



4

Centre for professional training nationally and internationally recognised, oriented to create professional figures in the dance industry.



5

Network with similar structures **in Italy and abroad**, persuaded that collaboration is the key to encourage mobility, opportunity, jobs and renewal.



6

Diffusion and promotion of (inter)national contemporary dance.

Our courses

- **APP** - *Alma Professional Programmes*:
Intensive training programmes for
Dance Practitioners.
APPfloor - focus floorwork
APPskin - focus contact and partnering
APPresearch - focus choreography
APPsoma - focus somatic techniques
- **D.R.OP.** - *Dance Research Opportunity*:
Resident young company

APP - Alma Professional Programmes

APP is a **set of four intensive programmes in the context of contemporary dance, purchasable and available separately.**

The programmes are designed to **comply with the desire of expanding and integrating a dancer's practice, through the experimentation in a plurality of disciplines and techniques**, not necessarily strictly linked to dance and yet able to inform its practice in a new, solid and enriching manner, **responding with competence to the fluid requests of contemporary choreography.**

APPfloor - 4 weeks (February-March 2021)

4 Intensive weeks that open a detailed study on **floorwork**, its evolutions and contaminations with a perspective moving from one side of the globe to the other, along with the study of somatic techniques.

Floorwork, Flying Low, Acrofloor, Capoeira, Aikido, Feldenkrais, Yoga and Functional Training, with some of the best Italian and international teachers.

Fee: 1900€ with early-bird discount. Possibility of instalments.

APPskin - 4 weeks (July 2021)

4 weeks of immersion in **contact improvisation, partnering** and research of shared movement. From the skin to the skeleton, through the stratified body dynamics, the aim is to find connection with oneself through the connection with the other. Contact Improvisation, Partnering, Martial Arts, Somatic Approach to Movement with some of the great Italian and international experts.

Fee: 1900€ with early-bird discount. Possibility of instalments.

APPresearch - 6 weeks (2022)

A program designed to address dancers, but not exclusively, towards the art of **choreography**. For 6 weeks, the participants will be introduced by renowned Italian and International dance artists to different approaches to choreographic composition, light design, dramaturgy, economics and marketing of the Performing Arts, and will be tutored to the creation and realisation of a little personal project.

APPsoma - 6 weeks (2022)

An intensive programme of discovery, awareness and listening through the introduction to a broad array of **somatic techniques**.

It is a unique and nuanced journey going in depth into the body dynamics, aiming to unveil and find the authenticity of movement, with competence and conscience, in order to be in the body and experience the infinite stratifications of physical dynamics. Feldenkrais, Alexander Technique, Axis Syllabus, Body Mind Centering, Rolfing, Authentic Movement, Klein Technique, Pilates and Yoga, with some of the most competent teachers of the Italian and International landscape.





Education

D.R.OP - Dance Research Opportunity

Artistic director:
Elisa Pagani

DROP is a program in contemporary dance performance directed by choreographer Elisa Pagani, **structured as a postgraduate company.**

Every year, **DROP welcomes twelve young dancers in transition from vocational training to professional life.**

During a period of **seven months, the dancers work with renowned guest choreographers to create a diverse, appealing, and vivid triple bill to be presented on tour.** Throughout this time, the dancers experience concretely company life and how to deal with different creative methods and processes, rehearsals and the preparation of the tour.

Over the last years the company has welcomed an increasing number of dancers, guest lecturers and found **performance opportunities in appealing tour venues, in Italy and abroad.**

To mention some names, DROP commissioned choreographers such as Michal Mualem, Giannalberto De Filippis, Alessandro Carboni, Luc Dunberry and Daniele Albanese.

For 2021, the choreographers commissioned by DROP are: **Simona Bertozzi, Biagio Caravano and Elisa Pagani.**

In completion to the creative work, **the dancers follow a daily physical training articulated in different disciplines**, and delivered by a wide team of teachers. Such variety allows the dancers to consistently inform their practise as well as being prepared for the creative work in the studio.

The lesson plan structured for the dancers over the years has included workshops and classes delivered by renowned guest teachers and visiting artists, such as Sharon Fridman, Michele Di Stefano, Theo Clinkard, Roser Lopez Espinosa, Marina Mascarell, Roberto Zappalà, Emmanuel Gat, Antonella Bertoni, Guy Nader | Maria Campos, Frey Faust, Giuseppe Muscarello, Antonello Tudisco, Claudia Catarzi and others.

How to apply & Auditions

Entry requirements and Fees*

APP

- Admission via **cv**.
- At least 18 years old students
- Language certificates are not necessary but we advise a good level of English and Italian (Italian support classes available)
- **Fee: Depending on the chosen module. There is always a 10% discount from the second module purchased.**

DROP

- Admission via successful **audition and interview**
- At least 20 years old students with professional training experience
- Language certificates are not necessary but we advise a good level of English and Italian (Italian support classes available)
- **Fee:** 3200€ to be paid in three instalments

Auditions

Our audition process is designed to evaluate whether the course we offer can take root into the person we have in front of us, observing his/her potential to become a professional artist.

During the audition we ask the candidates to carry out activities that allow them to show their potential in the following key elements:

- Physical ability, experience or potential
- Predisposition to performance
- Creativity
- Critical thinking
- Ability to interact with a group of people

DROP auditions usually include:

- Contemporary Class
- Creative workshop and Improvisation
- Interview

We usually do not ask for call-back auditions.

For DROP, auditions take place between September and December.

In case of impossibility to participate to the audition, we consider video auditions to be arranged individually.

Moreover, we happily accept applications from abroad, in and extra EU.

To discover the audition dates and apply:

Fill out the online form at <http://bit.ly/AlmaProDance> uploading the requested files and documents.

For any enquiry and further information, contact us at almapro@almastudios.it

*We consider financial support for early bird confirmations and bursaries in exchange of work to arrange individually with the students.



Facilities

AlmaPRO is the leading department of **Alma Studios - Centre for training and development of the Performing Arts**. The centre hosts departments of Theatre, Music and Fitness, with whom AlmaPRO closely collaborates.

Alma Studios has **nine big dance studios**, equipped with a high-tech certified floor, access to live music accompaniment for classes, integrated audio system, mirrors and bars.

Within the two branches, **Alma Studios allows the students to benefit from a high range of equipment**, such as Pilates and Yoga tools as well as conditioning machines.

Alma Studios is part of a project called **H(abita)t | Network of Spaces for Dance**, and as such hosts artistic residencies. The artists in residency offer workshops and sharings to the students, giving them the opportunity to observe external research and professional (inter)national contemporary artistic production.

In AlmaPRO the **students are able to enrich their own practice and develop a professional network** inside and outside Alma Studios, that includes offering classes and participating to the many community projects supported by Alma Studios and the city of Bologna in the area.

Thanks to a strong network built over the years by DNA and Alma Studios, **AlmaPRO is able to offer its students multiple performative possibilities**, including theatre shows, site specific performances, installations and community dance projects.

This is possible because **many realities in Italy have welcomed our project and want to share their spaces and initiatives with us**, such as Teatro Comunale di Casalecchio, Inverno OTE and Festival La Torre e la Luna, Mercato Sonato, Teatro Comunale di Bologna, Performare Festival (Catania), Terra Equa, Comune di Bologna, Per una Comunità Danzante e Wam Festival (Faenza), Kasadanza (Rosà), and Scenario Pubblico (Catania).



Life at AlmaPRO

Life at AlmaPRO

Living in Bologna

Bologna is a vibrant and vivacious town. In accordance to its history, Bologna is passionately dedicated to its students, of which 90.000 are those enrolled in the university. As such, Bologna always appears among the first places in Best University Town ranks in Italy for the quality of its life.

A city full of life

City of art, culture and commerce, Bologna is famous for its almost 40 km of arcades, the longest in the world.

Also called “The Learned” for its ancient University, and “The Fat” for its food tradition, the city has one of the largest and most well-preserved medieval historical centres, full of cafés, restaurants, taverns, clubs, theatres and shops.

A fascinating region

Emilia-Romagna was formed by the merging together of different yet complementary areas. Between the lapping waves of the Adriatic Sea and the snowy peaks of the Apennines lies a wonderful variety of history, traditions and landscapes, offering just as many destinations to visit.

Sources: Emilia-Romagna Turismo and Bologna Welcome



Dance in Emilia-Romagna

Bologna is the capital of a region that is certainly recognised as **one of the most virtuous in the field of artistic production and interest**: Emilia -Romagna.

More specifically, the cultural choices taken by the government of the Region in the dance field allowed the industry to express, within the Italian landscape, a **reality of absolute excellence**, as it has been able to marry a high quality artistic planning with efficient organizational solutions.

Such development politics of the industry permits **Emilia-Romagna's dance** not only to exist manifesting its vivacity, but to identify **as a new competitive reality** through the work of emerging choreographers.

This development has been certainly encouraged by the work of **ATER FONDAZIONE, managing the multidisciplinary network of Emilia-Romagna**, composed by several theatres all over the Region and hosting every year about a hundred of dance events.

A most significant role is played as well by the activity of tutoring, sponsorship and support offered by Fondazione Nazionale della Danza/Aterballetto in Reggio Emilia, Anticorpi Emilia-Romagna, Cantieri Danza in Ravenna and a network of Festivals and Residencies operating across the entire region.

Finding accommodation in Bologna

Given that Bologna is a town used to welcome a high number of students, there are many possibilities to find an accommodation.

Most of our students rents a room in shared houses. AlmaPRO is happy to offer help and advice for agencies to find a suitable accommodation.

The high range offered by Bologna will be able to satisfy the taste and need of all types of student.

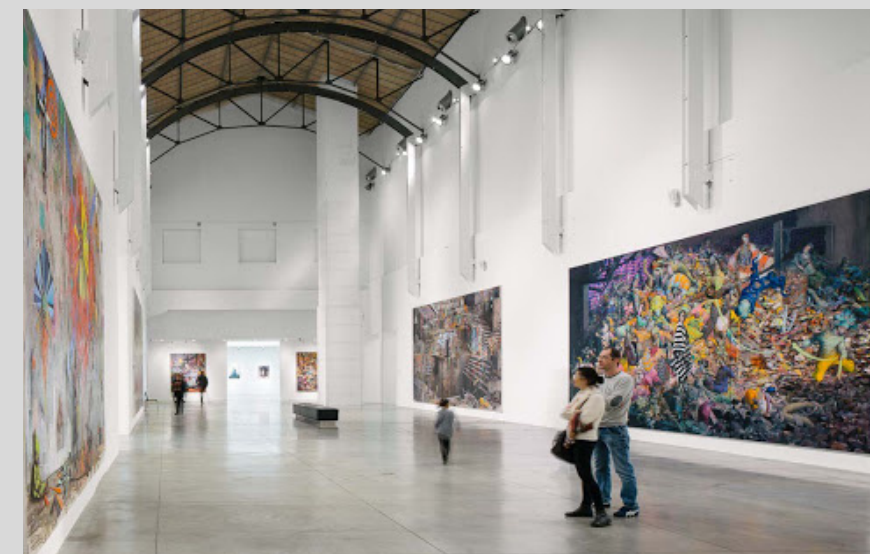
Travelling from Bologna

Due to its extremely fortunate geographic location, **Bologna is very easily accessible by plane, train and bus.**

Having a medium size airport easily accessible (10 minutes from Central Station by electric shuttle), Bologna offers national and international flights on a high range.

By train, it is possible to quickly reach all the other towns in the region as well as the other main Italian towns:

- Florence in 40 minutes
- Milan in 1 hour
- Venice in 1h30
- Rome in 2h25
- Naples in 3h45



Life at AlmaPRO

Our students' experience

I am grateful to APP because I feel I have grown up artistically and humanly.

Everyone has always been followed with the deepest attention and every year the work is designed on the real needs of the group, giving space to experiment, make mistakes and learn.

This approach, encouraged by the teachers, helped us to create a wonderful environment and a great group synergy.

Elisa Scaramelli, APP student

During APP and APPstage I concretely touched what generosity means, professionally and personally. I received by my teachers and peers what for me has been an explosion of knowledge, technique, discipline, security, fragility and most of all awareness and responsibility. I felt in the right place at the right moment at all times.

Michela Meggiorini, APP and DROP student

APPstage has been a very meaningful experience.

To suddenly be with other 11 people and work as a company really makes you understand how to behave professionally, learn how to manage emotions and live at 100% experiences like the creation and the tour.

I lived the year in APPstage as personal journey of growth, discovery, curiosity, research and challenge.

Luca Parolin, APP and DROP student

APP represented a turning point for me.

During the year, followed and encouraged by expert teachers, I learnt, listened, experimented and created.

Thanks to APP I managed to reach such a deep awareness in my body that I had never experienced before, and I will always be grateful to the teachers who, with their methods and strategies, challenged me in this infinite process of research.

Elisa Ferrarese, APP student



Learning & Participation

Aiming to bring dance closer to people, **AlmaPRO develops programs and projects for those who never approached movement**, promoting meeting occasions and involving the whole community.

AlmaPRO wants to be a place of exchange and sharing, considering and fulfilling the inclusive and educational aspects of dance through the realisation of intergenerational workshops and projects, open to everyone.

In addition, **AlmaPRO works in collaboration with the department Almadanza, which offers classes** of ballet, modern, hip-hop and contemporary dance **for children and adults**.

AlmaPRO, with the support of other local partners, promotes the following community projects:

- **Expressive and creative dance classes** and movement workshops **for the Elderly** in collaboration with Day Centres and Care Homes.
- **Intergenerational workshops and projects** with performative sharings.
- **Educational days** through dance and creative movement addressed to Primary Schools and Nursery Children.

Moreover, AlmaPRO dedicates to aspiring dancers two high-quality pre-professional courses:

Alma BALLET

A.D. Pier Paolo Gobbo

Designed to build an **intensive daily program for aspiring ballet dancers**, Alma BALLET aims to offer a complete and **highly skilled dance education**, in order to prepare the students for the important international auditions (from 12/13 years old).

Pre-APP

A.D. Elisa Pagani

It is a **pre-professional course custom-made for the student**, able to bridge the gaps and prepare him/her to access APP.

Depending on the needs and the will of the students to deepen their own competences, the direction proposes an educational plan that includes classes and seminars.

The course is 9 months-long and envisages a specific timetable for each student.



Opportunities

Opportunities

The Resident Company

Oriented to the development of an effective Choreographic Centre, AlmaPRO is passionately committed to guarantee quality in the education as well as the artistic production. That is why **AlmaPRO hosts and supports different professional realities operating in continuous dialogue with our students.**



Beating heart of the whole AlmaPRO machine, **DNA Dance Company** was founded in Bologna in 2009 by Elisa Pagani.

Since then, **the company works nationally and internationally**, weaving together artistic productions, educational and community projects of a diverse scale and nature. In order to support that, DNA developed over the years a **flourishing collaboration with different Italian and foreign realities**, among which Scenario Pubblico – Compagnia Zappalà Danza, FND – Aterballetto, Trinity Laban Conservatoire of Music and Dance in London and Radialsystem in Berlin.

Elisa Pagani was chosen by Alma Studios to direct AlmaPRO because of her **ceaseless spirit of research, development and openness to what is new, unknown and daring.**

The beginning, the starting point of DNA's creative process, manifests the will of **putting what moves us in order, firstly as human beings, and then as dancers.**

Human relationships, mutual discrepancies, the emotional, intimate, growing and survival places, the unsolved dichotomies between desires and reactions create **a dynamic environment in which the body is danced**, operating its own redemption.

The **urgency to restore visibility to those internal languageless realities we all have**, defines the key to DNA's choreographic work.

To find out more about the work of DNA Dance Company, go visit the website <http://www.dnamove.com/>

Artist in collaboration

Compagnia Simona Bertozzi | Nexus

Simona Bertozzi, performer and choreographer with a background as a gymnast and a degree in Drama, Arts and Music Studies from the University of Bologna, studied contemporary dance in France, Spain, Belgium and the UK, and danced, among others, for Catalan artist Tòmas Aragay and Virgilio Sieni.

Since 2005 she has built a career as an author of experimental choreography and in 2008 founded the **Compagnia Simona Bertozzi | Nexus**. Over the years her projects have earned support and hospitality from important regional circuits in Italy and Europe, in co-productions and choreographic residencies.

Her most recent projects feature: *Ilinx, don't stop the dance*, presented at the Venice Biennale 2019; *Prometeo*, composed by six choreographic episodes, among which *And it burns, burns, burns*, was finalist for the 2017 UBU prizes as Best Dance Show; *Anatomia*, created with Francesco Giomi (Tempo Reale Florence) and Enrico Pitozzi (University of Bologna); and *Joie de vivre*, co-produced by ERT Emilia-Romagna Teatro, Fondazione Teatro Comunale di Modena and Nexus in collaboration with Fondazione Nazionale della Danza Aterballetto.

Since 2014 her creative process has also looked at young performers, involving children and young people. A significant work is *Guardare ad altezza d'erba* for a sextet of dancers between the ages of ten and twelve years old, presented in Venice at the Dance Biennale.

In 2019 she was awarded the *Hystrio Corpo a Corpo* and *ANCT* prizes. Along with her creative work, she is also involved in higher education programmes and collaborates with researchers and scholars of the Performing Arts.

Website: <http://simonabertozzi.it/>



AlmaPRO's staff and contacts



Elisa Pagani
Artistic Director



e.pagani@almastudios.it



Camilla Vuolato
Marketing Manager



compagnia@dnamove.com



Carlotta Mandrioli
General Manager



segreteria@dnamove.com



Massimo Monticelli
Production Manager



almapro@almastudios.it
info@dnamove.com



Where to find us

Addresses

Central branch in Bologna:
Via del Carrozzaio 15,
40138 Bologna

Branch in Casalecchio :
Via Isonzo 16,
40033 Casalecchio di Reno (BO)

By car

From Motorway A14 direction Ancona

Motorway Exit Bologna Fiera, then take the orbital road (tangenziale) to Exit n. 11bis. When out of the bypass, at the roundabout take the 1st exit and go ahead. At the following roundabout take the 2nd exit to follow Via Larga. Go ahead on via Larga for 700m passing two roundabouts. At the third one, turn right on Via del Carrozzaio. Alma Studios is after 350m on the right.

From Motorway A14 direction Milan

Motorway Exit San Lazzaro di Savena, then take the orbital road (tangenziale) to Exit n. 11. When out of the bypass, at the roundabout take the 3rd exit to follow Via Larga. Go ahead on via Larga for 300m passing one roundabout. At the following one, turn right on Via del Carrozzaio. Alma Studios is after 350m on the right.

Credits

Design: Massimo Monticelli, **Photography:** Gustavo Bonino, Manuela Gargiulo, Lisa Micali, Luca Del Pia, Renzo Zupparoli, Marco Barbieri, Carlo Bonfiglioli, Paola Luciani, Antonio Suraci, Matteo Bertelli, Roberto Ruager.
The pictures at pages 16 and 18 were taken by Roberto Ruager during the projects *Balera Spontanea* and *Working Dance Floor*, directed by Anna Albertarelli and occurred in Alma Studios.

Public Transports

By bus from the central town

Take bus 14 direction Pilastro (you can buy the ticket in all tobacco shops and on the bus itself, by cash) and get off at the stop Innocenti. Proceed on Via del Carrozzaio for 350m, Alma Studios is on the right.

By train

There are many trains to Bologna from all Italy. Once arrived at the central station, take the suburban train directed to Portomaggiore from East Platform (you can buy the ticket in all tobacco shops and in the station's kiosk). Get off at Via Larga Station. Proceed on foot on via Larga for 700m passing two roundabouts. At the third one, turn right on Via del Carrozzaio. Alma Studios is after 350m on the right.

By plane

Bologna's international airport Guglielmo Marconi is 15 minutes distant by car from Alma Studios. From the airport it is possible to reach the central station via a 10 minutes-long shuttle journey. Otherwise, BLQ bus, arrives in central town and at the central station in about 30 minutes.

Disclaimer

We attempted to maximise the accuracy of the information contained in this Prospectus. However, AlmaPRO reserves the right to change the information and restructure or cancel the programs. We will communicate all the information on the website and our social networks. Therefore, we invite to check those to be updated before applying.




When you learn something new,
you become something new.

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  /@almaprodance