



**LOWLAND** | Roser López Espinosa

**WORKSHOPS &  
DANCE LESSONS**  
for PROFESSIONAL DANCERS  
and ADVANCED LEVEL STUDENTS



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## **THE BODY AND IMAGINATION**

tought by **Roser López Espinosa**

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Technique and creation tools of the physical imaginary of dance works **LOWLAND** and **NOVEMBER**

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"The body imagines and transforms itself. The body is versatile, it is full of different landscapes. The movement palette is infinite and it is fascinating to put our physical imagination into practice in its full range. This workshop proposes different tools I use in my creation work, specially in the dance productions *Lowland* and *November*. We will approach movement from the basis of an articulated, soft, agile, fast and powerful body. We will take advantage of the full movement capacity and richness of the spine (curves, spirals, twists, ripples and combined movements) to use it as a motor: bringing the movement from the spine to the periphery (limbs, head and tailbone) and from the periphery to the spine, in order to move in space at different levels and different speeds using physical intelligence at its best. We will go through floor work, with rolls, glides and big jumps to fly at floor level over the other dancers. We will do partnering exercises, building up architectures of "several bodies linked as one" or "knots": contact and listening strategies that depart from subtlety and progressively bring us to extremely complex shared paths. We will awaken the tuning into a sense of team and into collaboration both in couples and in group, in order to create together fast trajectories in space. And we will put the different eye ranges into practice, as well as detail, precision and a playful mind."

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Workshop for professional dancers and high level students: 4h per day >> from 2 to 5 days >> 8h, 12h, 16h or 20h  
We can also consider teaching a masterclass: 3h - 4h in 1 day  
And the possibility to teach the physical work in the format of daily training lessons (1,5h – 2h a day).

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Photos: Luis Castilla // Centro Andaluz de Danza – Mes de Danza de Sevilla (Spain)  
Alice Guazzotti // Pim Off, Milano (Italy)  
Festival Danzalborde, Valparaíso (Chile)



## **LOWLAND** | the performance

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Fascinated by the migrations of birds, we want to learn to fly. Lowland returns us to the animality of the body and movement, to learning, effort, tenacity and endurance, to beauty, the spirit of self-improvement and the spirit of freedom. To leave or to put down roots? Lowland is each individual's landscape and journey. We can only fly with our bodies and we will need inventiveness and imagination in order to get a pair of wings. An imaginary world of birds and men, full of light and vitality in the low ground.

**“It is superb, magnetic, I would even dare to say hypnotic.”** Jordi Cervera, *Catalunya Ràdio*

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Concept and choreography: **Roser López Espinosa** | Creation and dance: **Guy Nader, Roser López Espinosa** | Original music: **Ilia Mayer** | Lighting design: **Katinka Marac** | Movement assistant: **Maria Campos** | Dramaturgy advice: **Raquel Tomàs, Maria Campos** | Costumes: **Lluna Albert** | Zoetrop: **Noemí Laviana** | Artistic accompaniment: **Àngels Margarit** | Technical team: **Katinka Marac, Israel Quintero, Joana Serra** | Production: **L'escènica / Laura Pache – Marine Budin / Elclimamola** | Management: **Elclimamola**

**Coproduction** Mercat de les Flors, Barcelona. **Created in residency in** Graner fábrica de creación, La Caldera –Creation Centre of Dance and Contemporary Performing Arts, Àngels Margarit / Cia Mudances (Barcelona), L'Estruch de Sabadell, KREA / Azala (Vitoria) and Losdedae (Alcalá de Henares) as prizes of Certamen Coreográfico de Madrid / Paso a Dos (Madrid), Melkweg Theater (Amsterdam) and Dansateliers (Rotterdam). **In collaboration with** Departament de Cultura de la Generalitat de Catalunya. **With the support of** l'Institut Ramon Llull and INAEM.

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Duration: 50 min

**VIDEO** [www.youtube.com/watch?v=aDaJtc9L898](https://www.youtube.com/watch?v=aDaJtc9L898)



## NOVEMBER | the performance

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**NOVEMBER** is a playing field in which three dancers strive to build a common landscape. A collection of postcards where bodies, physical games and mechanisms are entangled. **NOVEMBER** draws us towards the group and collaboration, into personal and shared space, into a sense of belong and imagination. We join forces. We play at being together.

**“You feel like rocking, tumbling and frisking along for an hour, with three marvellous dancers.”**  
\*\*\* Mirjam van der Linden, *Volkskrant*

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Concept and direction: **Roser López Espinosa** | Creation: **Sol Vázquez, Diego Sinniger de Salas, Roser López Espinosa** | Dance: **Ines Massoni, Diego Sinniger de Salas, Roser López Espinosa** | Original music: **Iliá Mayer** | Lighting design: **Katinka Marac** | Movement assistant: **Sol Vázquez** | Costumes: **Lluna Albert, Roser López Espinosa** | Artistic advice: **Kristin de Groot** | Technical team: **Joana Serra, Marta García** | Production: **Dansateliers, Laura Pache, Marine Budin / Elclimamola** | Management: **Laura Pache**

Co-production: **Dansateliers (Rotterdam, The Netherlands)**. With the suport of **Graner - Creation Centre** and **La Pedrera / Fundació CatalunyaCaixa (Barcelona)**. Created in residency in: **Dansateliers (Rotterdam)**, **Graner, La Caldera Les Corts**, and **Area - Centre for Dance and Creation (Barcelona)**, **L'Estruch de Sabadell**, **Centre Cultural Ca Ses Monges (Maria de la Salut, Mallorca)**. With the collaboration of **Programa IBERESCENA**, **Departament de Cultura - Generalitat de Catalunya** and **INAEM – Ministerio de Educación, Cultura y Deporte**. With the support of **Institut Ramon Llull** and **Acció Cultural Española**.

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Duration: 60 min

**VIDEO** [www.youtube.com/watch?v=Fs-6xR1HtWM](https://www.youtube.com/watch?v=Fs-6xR1HtWM)



## ROSER LÓPEZ ESPINOSA

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### STUDIES:

Roser López Espinosa (Granollers, 1980) is Bachelor in contemporary dance by the MTD – Theaterschool / Higher School of Arts in Amsterdam (The Netherlands) and has trained with former Olympic gymnastics coach Jaume Miró. In 2005 she is granted a danceWEB Europe scholarship for ImpulsTanz Festival in Vienna and a scholarship for Tanz im August Festival Berlin in 2006.

### TRAJECTORY AS A DANCER:

She has danced in The Netherlands with **Katie Duck's** Magpie Music Dance Company and Marta Reig Torres / Korzo Producties: *More Day More Night* (selected for the Nederlandse Dansdagen as one of the best productions of the season), *The space in between* and *Camino*. In 2007 she joins the projects *Coping* by Susana Amarante Duarte (Lisboa) and *Cordón de Plata III* by company Las Malqueridas (Barcelona). In 2008 she works in Barcelona in productions *Mozartnu 1986-2008* by Iago Pericot, *Solochellobach* by Beбето Cidra and *StripteaSeS* by **Pere Faura** in Amsterdam for Kalamata International Festival (Greece). In 2008 she starts a long term collaboration as a dancer with **Àngels Margarit / Cia Mudances**, dancing in the production *Flexelf* and being of the company's dancers up to present. In 2009 she joins the projects by Íker Gómez and Clara Gayo at "Encuentros de creación Magalia" by Red Española de Teatros Alternativos and dances in *Apple Street* by Íker Gómez. In 2010 she takes part in the retrospective "25 years of Àngels Margarit / Cia Mudances", taking over **Margarit's internationally renowned solo *Corol-la*** from 1992 and dancing in the group production *Kolbebasar*. In 2012 she collaborates as a dancer and as a maker with **Cesc Gelabert** and film maker **Isaki Lacuesta** in the production *Tranç* for Mercat de les Flors in Barcelona. In 2013 she dances in *Capricis* by Àngels Margarit / Cia Mudances at International Festival GREC 2013 in Barcelona. In 2014 she dances in *Frida* by Amèlia Boluda / Ballet Contemporani de Barcelona in Festival GREC in Barcelona.

### TRAJECTORY AS A CHOREOGRAPHER:

In 2006 she creates her first solo *The lizard's skin*, which is awarded **First Prize of Solo Contest at 11MASDANZA – International Dance Festival of the Canary Islands 2006**. Since then, this solo has been programmed at international festivals in Spain, The Netherlands, Italy, Czech Republic and Japan, such as: **Julidans Festival** in Amsterdam, **Short Formats Festival** in Milan (Italy), **Tanec Praha Festival** (tour in the Czech Republic), **Yokohama Dance Collection R** (Japan), Voorjaarsontwakken Festival (The Hague, The Netherlands), **Dies de Dansa** (Barcelona), Dansa València, Tensdansa Festival (Terrassa), Endanza Itinerante (Sevilla), Teatro de Gernika, DanSAT! (Barcelona), etc.

She presents her second solo, *Còncau*, at BCSTX young makers program by Mercat de les Flors (Barcelona). The piece is later awarded **Second Prize of New Tendencies at Certamen Burgos-NY 2008**. *Còncau* is programmed at international festivals as well as in emblematic buildings (site-specific version) in Spain, The Netherlands, Germany, Egypt and Japan: Creative Forum for Independent Theater Groups in the **Library of Alexandria** (Egypt), **Yokohama Dance Collection R** (Japan), Korzo Theater (The Hague), Melkweg Theater (Amsterdam), Utrecht Uitefeest (The Netherlands), TanzArt Ostwest Giessen (Germany), Festival TNT (Terrassa), Dies de Dansa (Barcelona), Festival Palma amb la dansa (Palma de Mallorca), L'Estruch (Sabadell), Cicle de dansa de la Universitat de Barcelona, DansaAra - La Pedrera (Barcelona), **MACBA – Museu d'Art Contemporani de Barcelona**, etc.

In 2010 she premieres the dance and video duet *Miniatura* at **Festival GREC** in Barcelona. *Miniatura* is awarded **Third Prize at Certamen Coreográfico de Madrid 2010** and is selected for **Aerowaves 2011**. Piece programmed at international festivals such as: **Julidans Festival** in Amsterdam, Korzo Theater in The Hague, Hatchlings Festival in Rotterdam, **Tanec Praha Festival** in Prague, **Aerowaves Spring Forwards Festival** - Ljubljana, **Aerowaves Mousonturm in Frankfurt**, Terni International Festival (Italy), **Feria Internacional de Teatro y Danza de Huesca**, BAD Festival in Bilbao, etc.

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In 2011 she is ranked as one of the five most promising young choreographers of the Spanish scene by *Susy-Q dance magazine*.

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In 2012 she premieres *Before we fall* at Festival Cádiz en Danza / MOV-s in Cádiz (Spain). Piece programmed at international festivals such as Dies de Dansa (Barcelona), Fira Tàrrrega, BAD Bilbao, etc. In 2012 she joins the project BCN\_MTL by centres La Caldera and **Circuit–Est in Montreal** (Canada), premiering her piece *Stranger & Stranger* at Festival GREC in Barcelona.

In 2013 she premieres **Lowland**, a coproduction with **Mercat de les Flors** in Barcelona. *Lowland* tours internationally since then, being programmed at Mercat de les Flors, at international festivals **Temporada Alta** in Girona and **Mes de Danza** in Sevilla, **Korzo Theater** (The Hague, The Netherlands), **FIDIC** (Buenos Aires, Argentina), **Dance Festival Prisma (Panama)**. It is selected for Spanish dance tour **Danza a Escena**, becoming the tour image for 2015 and 2016 editions. Programmed in **Aerowaves Spring Forwards 2015** in Barcelona and at **CDC Les Hivernals** during Avignon Off festival (France), with **10 performances with a daily full house and fantastic reviews**. Invited at **Interplay** festival 2016 in Turin (Italy).

In 2014 she makes the piece **Hand to hand** for dance company **Conny Janssen Danst** in Rotterdam, in coproduction with **Dansateliers**. *Hand to hand* is selected for the company tour with 13 performances at the main cities of The Netherlands.

In the fall 2015 she premieres her new piece **November**, in coproduction with **Dansateliers** in Rotterdam and the support of Graner creation centre and FundacióCatalunya – La Pedrera in Barcelona. *November* is later presented at **Sàlmon< Festival** in Mercat de les Flors, Barcelona. Project awarded an Iberescena creation grant.

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**Her work and workshops have been programmed at international dance festivals in Spain, The Netherlands, Italy, Germany, Czech Republic, Slovenia, Egypt, Canada, Argentina, Panama, Chile and Japan.**  
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#### **OTHER PROJECTS:**

In 2012 and 2016 she collaborates in the graduation project of **SEAD** in **Salzburg** (Austria) teaching her solo **The lizard's skin** and **Lowland**. In 2011 she works as a movement advisor for the performance *L'home que perdia el botons* by circus company **Circ Pànic**, awarded **Kirkòlica Prize for Best Outdoors Circus Production in Catalonia 2012**. In 2011 she makes the videodance **Fil** with film maker Abel Cunillera, videodance selected among others for **European Cinema Festival** in Sevilla 2013 and **IDN 2015 – Image, Dance and New Media Festival** at Mercat de les Flors in Barcelona. In 2004 and 2006 she makes a documentation project for dance company **Mal Pelo** with university researcher Isabel de Naverán. At 2006 she directs **CALIDOSCOPI - International Contemporary Dance and Videodance Festival** (Teatre de Ponent, Granollers).

#### **TEACHER:**

She is a teacher at **Institut del Teatre de Barcelona – Dance Conservatory of Barcelona**. She is a guest teacher and choreographer in **MTD / Theaterschool in Amsterdam for school year 2015-16**. She teaches workshops internationally in festivals and dance conservatories such as: **Festival Danzalborde** in Valparaíso (Chile), **Festival Prisma** (Panamá), **Pim Off** and **Festival Short Formats** in Milan (Italy); **Dansateliers** Rotterdam, **ArtEZ Dansacademie** in Arhem and **Korzo Theater** in The Hague (The Netherlands); **Centro Andaluz de Danza / Mes de Danza** in Sevilla, **La Caldera – Creation Centre for Contemporary Dance and Performing Arts** in Barcelona; **Mòdulmap#1** by Àngels Margarit / **Cia Mudances**; **Conservatory of Granada**, **Conservatory of A Coruña** and **Teatro Rosalía de Castro** in A Coruña; **L'Estruch de Sabadell**; **Àrea. Espai de dansa i creació**; **TragantDansa**, **EMDC**, etc. She also gives training to circus companies such as **Circ Pànic**.





## LOWLAND

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**"It is superb, magnetic, I would even dare to say hypnotic."**  
Jordi Cervera, *Catalunya Ràdio*

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**"At the end of this exhausting physical duel, both performers, panting, seemed convinced that they have actually flown. We are too."**  
Omar Khan, *Susy-Q revista de danza*

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**"Lowland is a miniature sculpted with clockmaking precision. A precise, suggesting and hypnotic dance."**  
Omar Khan, *Susy-Q revista de danza*

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**"50 minutes of choreographic perfection. We ask for more." \*\*\*\*\*** Audry Chaix, *Toutelaculture*

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**"The beautiful complicity, the freshness of the performance and the sensitive choreographic line make us certainly fly."** Sophie Bauret, *La Vacluse*

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**"Lowland has the beauty of the apparently simple."**  
Afonso Becerra de Becerreá, *Pretextos TRC Danza*

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## ROSER LÓPEZ ESPINOSA

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**"Roser López Espinosa is the white hope of movement. Energetic, brave, honest, she forges her way over low heat, while she gains in density and plasticity."**  
Andreu Gomila, *Time Out Barcelona*

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**"Roser López Espinosa masters body and emotions and transmits them with enviable effectivity and strength ."**  
Jordi Cervera, *Catalunya Ràdio*

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**"Eclectic movement between bodily strength and precision."** Mercedes L. Caballero, *Susy-Q dance magazine*

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**Considered one of the five most promising young choreographers of the Spanish scene by *Susy-Q dance magazine* in 2011.**

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**"One of the most promising young choreographers and dancers from our panorama. With a short but intense career, her works have an unusual subtleness and risk."**  
Feria Internacional de Teatro y Danza de Huesca

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