



www.danse.lu
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CENTRE DE CRÉATION
CHORÉGRAPHIQUE
LUXEMBOURGEOIS

TRAINING PROGRAM Professional Classes

The TROIS C-L offers the opportunity to professional and pre-professional dancers to participate in practical training classes from Monday to Friday from 10:00 to 11:30.

These classes allow the dancers to benefit from daily workouts and gain a varied experience by working each week with a different choreographer. The program is established either by artists close to the TROIS C-L, or benefiting from an artistic residency at the TROIS C-L.



DANSE CONTEMPORAINE Anna Senognoeva

Anna Senognoeva's classes focus on organic movement, on the flow starting from the breath, using fluidity and generating energy, circulating in the body. The leitmotif is to warm the body up in different ways from gentle circles to energetic waves alongside the sense of flow, as well to prepare it for the rest of the day. Using floor gravity and lightness to keep the energy throughout the full class. The beginning of the week is focused on developing and building continuity, strength, building a stamina. Through different floor work technics, handstands and acrobatical aspects and improvisation, to explore movement quality (light, strong, soft, animal..) to develop these tools they can be used in any situation

Anna (Any) Senognoeva, born in Russia, studied at Royal Conservatory of Antwerp, where she kept developing her improvisational skills with Agostina d'Alessandro. During her studies, she did her internship with Ultima Vez and performed shows Fear Not , then kept on working with Ricardo Ambrozio together with Bara Sigfusdottir. After her studies, she has worked internationally with different choreographers such as Gregory Maqoma for Companhia Instavel, Jean Guillaume Weis, joins Eastman with Sidi Larbi Cherkaoui for Les indes galantes and tours with Babel, and opera Das Rheingold, works with Barjo and cie among other choreographers..

While working as freelancer, she teaches ballet, contemporary, partnering, collaborates with musicians such as Sebastian Graams, Colour Collective creating her own work for "Cello and a reader ", an latest an outdoor solo Sur le Chemin, at the Bentway, Toronto. Lately she worked with Iris Bouche and Yentl De Werdt and focused at developing her artistic vision.

The class will be held in English.

Level: professionals, pre-professionals and Conservatory seniors

Information: www.danse.lu

No admission fee

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BANANNEFABRIK | MONDAY TO FRIDAY | 10:00 - 11:30