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PHYSICAL DAYS BERN



Workshop with
Yusimi Moya Rodriguez (CUB)

14 and 15 August 2021

11.00–13.15 Afro Class
13.15–13.45 Lunch break
13.45–16.30 Workshop
160 CHF

Interested?
Register at marcelleemann@gmail.com



Yusimi Moya Rodriguez

Yusimi was born in Havana, Cuba, in 1987 and lives and works in Vienna, Austria. She studied at the Dance Department of the ENA, the Escuela Nacional de Arte, in Havana and graduated with the title "Bailarina - Profesora de Danza Moderna y Folklórica" (dancer and teacher of contemporary and folkloric dance). She is working as a dancer for choreographers. Her professional experience includes working at the Conjunto Folklórico Nacional de Cuba and for contemporary dance productions in theaters. Yusimi Moya Rodriguez is well-known in the Latin dance scene and teaches Afro-Cuban and popular Cuban dance. She is conducting artistic research about African and Caribbean dance traditions.



cubancontemporary.com

Afro-Cuban Dance Workshop

African cultural traditions are highly valued today in Cuba. A huge part of it has grown into a religious sphere and was systematically shaped into a national folkloric heritage. Dance and music are important expressions in rituals. Through the body, time and space, a connection to the spiritual world is established and knowledge passed on. As a former dancer of the Conjunto Folklórico Nacional, Yusimi Moya Rodriguez is a master of the Afro-Cuban dance technique. Dances of the *orishá*, the Yorùbá deities, are famous. Every deity has his or her own rhythms, movements and gestures. The *bàtá* talking drums and *lukumí* songs (remains of Yorùbá language) accompany the dance steps and let the dancers feel the divine power which leads initiates into trance. The so-called congo genre with its origin in Bantu-speakers from Central Africa includes *yuka*, *makuta* and *palo*, incredibly fast and energetic dances, while *vodú*-dances arrived with the Haitian immigrants. The *arará*-dances came with the Gbè-speaking slaves from ancient Dahomey and the *Abakuá* mask dances are from the Efik, at home in Eastern Nigeria. The dances *tumba francesa*, the carnivalesque *conga* or the famous Cuban *rumba* with its three types, the slow *yambú*, the explicit *guaguancó* and the male-dominated *colúmbia*, are considered secular Afro-Cuban dances. The thriving *rumba* genre is especially important for the Cuban nation's identity. These highly active classes are generally known under the label "Afro-Dances", but for Cuban dancers every genre has its own distinct features and they never mix up. The classes suit everyone who is open for new rhythmic body experiences and state shifting energies. Expect exhausting lessons, which build up muscular strength and develop the undulation movement in spine, hips and torso. The body is often lowered to the ground in a semi-*plié* position, many dances get their energy from a connection to the earth.