



PHYSICAL DAYS BERN

Workshop with Shafiki Sseggayi at TANZhAUS Bern

17 and 18 December 2022

11.00–12.30 Warming up class

12.30–13.00 Lunch break

13.00–16.30 Workshop

160 CHF

Interested? Register at marcelleemann@gmail.com

SHAFIKI SSEGGAYI



Videos from
Shafiki Sseggayi



Shafiki Sseggayi stole many hearts with his performance in 'so you think you can dance netherlands' in 2011. Originally born in a small village in uganda, shafiki learned to play traditional african music and at the age of 15 he moved to the big city of kampala, where he was exposed to african contemporary dance. contemporary dance taught him so much about himself and his character - creating in him power, energy and devotion. In uganda he became a member of several different companies, including mutumizi dance company, keiga dance company and latin flavor uganda where he both performed and choreographed his own pieces. bringing aspects of himself, african culture and mentality to anyone interested in the dance world is very important to him. shafiki later moved to the netherlands in 2011 in order to attend the amsterdam high school for the arts; he graduated four years later with a degree from the urban contemporary department. in 2013, he worked with ultima vez under wim vandekeybus and from 2014 to

2020 he has been a fixed company member with johannes wieland Dance company at staatstheatre kassel. He has now embarked on a new journey with the newly created Tanz theatre assemble by staats-theatre kassel under the new Artistic direction of Thorston teubl.

About the Workshop

The class is developed is a rich and powerful fusion between traditional african dance and my own personal style. my aim is to dig deep into the power-house of movement and to uncover the strength within the locomotion of the body as well as making full use of the undulations of the spine. after having established our base strength, the class progresses into the rhythmical section in order to fuse the grounding actions, readying us for rapid movement- as fast as we can get but also as slow as we wish it to be. The class combines elements of floor work, coreplay, basic acrobatics and rhythmic footwork patterns.



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Physical Days Bern is a joint initiative of Marcel Leemann Physical Dance Theater (marcelleemann.ch), Dampfzentrale (dampfzentrale.ch) and BETA, Verein Berner Tanzschaffenden (be-ta.ch)

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