



## SAAL FREI LABOR-Festival 2022

### Festival for Interdisciplinary Improvisational Art 2022

The SAAL FREI LABOR for interdisciplinary improvisational art with artists from the fields of dance, performance, figure and material theatre, music and video art will take place for the fifth time this autumn. Over the course of nine days, international choreographers and dancers will offer workshops on research and working techniques with a focus on instant composition and improvised performance. The Australian choreographer and dancer Rosalind Crisp will be taking part for the first time in Stuttgart with a solo practice workshop. The international improvisation artists Sten Rudstrøm, Lilo Stahl, Meltem Nil and Maya Carroll will expand the workshop programme with solo improvisation, ensemble work and Action Theatre™ for different dance levels. In the following days, the teachers will also perform on stage.

We are happy that the cooperation with the Tanz- und Theaterwerkstatt Ludwigsburg can be continued and that we can offer a diverse workshop programme for all levels. This year we were able to win the FITZ - Theater animierter Formen as a new festival location and introduce the focus on interdisciplinary arts in the field of figure and material theatre. With a guest performance by International Nothing, an experimental clarinet duo from Berlin, and with a performative meeting of artists from the independent scene in Berlin and Stuttgart, the festival ends ceremoniously at the Produktionszentrum Tanz + Performance.



Foto: Frank Post

### PERFORMANCES AT THE FITZ

#### **01.11.2022 Opening SAAL FREI LABOR 2022**

#### ***Instant PIG // Stuttgart and guests***

This year's festival starts with a performance by Instant PIG // Stuttgart and guests, inspired by the artistic input of Sten Rudstrøm.

Instant PIG//Stuttgart - (PerformanceImprovisationGroup) is a free ensemble that has been training at the Produktionszentrum Tanz +Performance e.V. since 2018 and is always opening up to include new artists in their work. The performers experiment with a range of aesthetic concepts: From abstract movement language to poetic - humorous - music - theatrical actions, they lustfully explore the diversity of their artistic backgrounds and find their way into their unpredictable piece together with the audience. The musicality and the theme of an Instant PIG composition arise from the potential and the courage of the performers to decide to change roles again and again in the moment, so that the boundaries between the responsibilities for dance, music, image and word can become blurred. Most of the 8-10 members of the ensemble have been working together in the SAAL FREI platform since May 2018 and perform as Instant PIGs in various formats and combinations.

**Performance:** Sophie Gisbertz, Lisa Kistenmacher, Saskia Hamala, Claudia Senoner, Lisa Thomas, Oliver Prectl, Lilly Bendl, Ingrid Pickel, Helga Lazar, Sten Rudstrøm

**When:** 01.11.2022, 8.00 pm

**Where:** FITZ - Theater animierter Formen, Eberhardstraße 61, 70173 Stuttgart

**Duration (Length):** 70 minutes. For adults

**Prices:** 10,-/8,- (reduced), students 6,-

**Tickets:** <https://www.fitz-stuttgart.de/stueck/saal-frei-labor-festival-2022/>

## **02 + 03.11.2022 A leap into the unknown - Unpredictable interdisciplinary encounters at the FITZ.**

Regional and international artists from the fields of figure and material theatre, dance and music meet in various constellations and create unique performances.

### **Performances 02.11.**

Performance #1

Dance: Martina Gunkel, Domokos Kovács

Figure play: Helga Lázár

Music: Daniel Kartmann

Performance #2

Dance: Sophie Gibertz, Saskia Hamala

Figure play: Alice Therese Gottschalk, Robert Buschbacher

Music: Bradley Kemp

### **Performances 03.11.**

Performance #1

Dance: Yahi Nestor Gahé

Music: Ulrike Stortz

Performance #2

Dance: Kai-Chun Chuang

Music: Oliver Prectl

Video art: Anja Abele

**When:** 02 + 03 November 2022, 8:00 p.m.

**Where:** FITZ - Theater animierter Formen, Eberhardstraße 61, 70173 Stuttgart

**Duration (Length):** 90 minutes. For adults.

**Prices:** 10,-/8,- (reduced), students 6,-

**Tickets:** <https://www.fitz-stuttgart.de/stueck/saal-frei-labor-festival-2022/>

## **Guest Performance**

### **04.11.2022 Das Schlemmer-Rauschen**

#### ***A sensual revue by Instant PIG//Stuttgart and guests***

In a close exchange between physicality, dance, music and stage design, the performance improvisation group Instant PIG//Stuttgart realises a scenic revue at a festive table in a language rich in imagery. The performance contrasts with Oskar Schlemmer's aesthetic with its rather technoid, symmetrical and de-individualised physicality. The ensemble uses the body, movement and dance for a ritual celebration of life with all its diversity and sensuality. In a musical arrangement of new music and elements of classical, ceremonial brass music, the bodies of the dancers of different ages merge in their EchtZeit Composition with the materials of Justyna Koeke's stage design.

Performance: Johannes Blattner, Robert Buschbacher, Martina Gunkel, Selina Koch, Ludger Lamers, Pascal Sangl, Claudia Senoner, Lisa Thomas

Composition: Oliver Prectl

Music and performance: Oliver Prechtl and Kurt Holzkämper  
Costume and stage design: Justyna Koeke  
Lighting: Doris Schopf  
Production management: Angela Milosevic  
Artistic direction: Alexandra Mahnke, Oliver Prechtl, Claudia Senoner, Lisa Thomas

**When:** 04.11.2022, 8:00 p.m.

**Where:** FITZ - Theater animierter Formen, Eberhardstraße 61, 70173 Stuttgart

**Duration (Length):** 80 minutes. For adults.

**Prices:** 16,-/11,- (reduced), students 6,-

**Tickets and further information:** <https://www.fitz-stuttgart.de/stueck/schlemmer-fest-des-koerpers/>

An event by Instant Act Stuttgart gUG in cooperation with FITZ - Theater animierter Formen.

Supported by the City of Stuttgart and the NPN - the National Performance Network. With the kind support of FITZ - Theater animierter Formen and Produktionszentrum Tanz + Performance Stuttgart.

## PERFORMANCES AT PRODUKTIONSZENTRUM

### 30.10.2022 OPEN SPACE, PERFORMANCE & EXCHANGE

Artists\* from the fields of dance, performance, music, theatre, puppet theatre and visual arts are invited to use the SAAL in a free stage concept with an audience.

**When:** 30.10.2022, 8:00 pm

**Where:** Produktionszentrum Tanz + Performance e.V.

**Entry:** on a donation basis

**Ticket reservation:** by mail to [assistenz@saalfrei.com](mailto:assistenz@saalfrei.com)

### 05.11.2022 Luminaries of the art of improvisation - an evening with Rosalind Crisp & Lilo Stahl

The improvisation artists Rosalind Crisp and Lilo Stahl, luminaries in their field, will perform a beautiful duet with the musicians Anja Fürsti and Harald Kimmig as part of the SAAL FREI LABOR.

I Dance: Rosalind Crisp // Music: Anja Füstli (percussion)

II Dance: Lilo Stahl // Music: Harald Kimmig (violin)

**When:** 05.11.22, 8:00 pm

**Where:** Produktionszentrum Tanz + Performance e.V.

**Prices:** 16,-/11,- (reduced), students 6,-

**Ticket reservation:** by mail to [assistenz@saalfrei.com](mailto:assistenz@saalfrei.com)

### 06.11.2022 Guest performance International Nothing

The International Nothing is a clarinet duo from Berlin, founded in 2000 by Michael Thieke and Kai Fagaschinski. Together they compose multi-layered sound sculptures and experiment with multiphonics and microtonal structures.

The second part of the concert will feature an instant composition with the dancer Cary Shiu from Berlin/Hong Kong and Oliver Prechtl (Piano, Electronics) from Stuttgart.

**Performance:** Michael Thieke, Kai Fagaschinski, Oliver Prechtl & Cary Shiu

**When:** 06.11.22, 8:00 pm

**Where:** Produktionszentrum Tanz + Performance e.V.

**Prices:** 16,-/11,- (reduced), students 6,-

**Ticket reservation:** by mail to [assistenz@saalfrei.com](mailto:assistenz@saalfrei.com)

In cooperation with stromraum Stuttgart - Konzerte aktueller Musik in Grenzbereichen.

## Workshops

### Workshops - Open Level

#### 29.10.-30.10.22 Be Here Now!

The workshop Be Here Now! invites you to bring your attention into the present moment with simple voice and movement exercises to explore the unknown. We will refine our body awareness with the Action Theatre™ method and become aware of the different qualities of our attention.

The workshop is open to everyone.

**When:** 29.10.-30.10.22, 10:00-12:00 each day

**Where:** Tanz- und Theaterwerkstatt e.V. Ludwigsburg

**Level:** Open

**Teacher:** Sten Rudstrøm

**Price:** 56 €, reduced 48 €

#### Registration and further information:

[https://tanzundtheaterwerkstatt.de/detail?tx\\_events2\\_events%5Baction%5D=show&tx\\_events2\\_events%5Bcontroller%5D=Day&tx\\_events2\\_events%5Bevent%5D=436&tx\\_events2\\_events%5Btimestamp%5D=1667030400&cHash=db4dc2505058a44b5daf3823406f64e7](https://tanzundtheaterwerkstatt.de/detail?tx_events2_events%5Baction%5D=show&tx_events2_events%5Bcontroller%5D=Day&tx_events2_events%5Bevent%5D=436&tx_events2_events%5Btimestamp%5D=1667030400&cHash=db4dc2505058a44b5daf3823406f64e7)

#### 29.10.-30.10.22 Dance and Improvisation

Improvisation is the art of creating something out of nothing. Lilo Stahl's work conveys the joy of play and diverse expression, opens access to creative resources and sharpens physical and mental presence. Through specific exercises, perception is sensitised, speed of reaction is awakened, variety of movement and conscious interaction are trained. In structured form, space is created for spontaneous events, imbued with depth and lightness. The workshop is open to people who enjoy movement and experimentation, prior knowledge is desired.

**When:** 29.10.-30.10.22, 14:00-17:00 each day

**Where:** Tanz- und Theaterwerkstatt e.V. Ludwigsburg

**Level:** People with improvisation experience

**Teacher:** Lilo Stahl

**Price:** 84 €, reduced 72 €

#### Registration and further information:

[https://tanzundtheaterwerkstatt.de/detail?tx\\_events2\\_events%5Baction%5D=show&tx\\_events2\\_events%5Bcontroller%5D=Day&tx\\_events2\\_events%5Bevent%5D=435&tx\\_events2\\_events%5Btimestamp%5D=1667044800&cHash=7982b65d0cba38135fa189e64d6f7eb9](https://tanzundtheaterwerkstatt.de/detail?tx_events2_events%5Baction%5D=show&tx_events2_events%5Bcontroller%5D=Day&tx_events2_events%5Bevent%5D=435&tx_events2_events%5Btimestamp%5D=1667044800&cHash=7982b65d0cba38135fa189e64d6f7eb9)

#### 29.10.- 01.11.22 Silence - Waiting - Impulse - Imagination (Improvisation with Movement, Voice and Text)

In this workshop we work with movement, voice and text, which we generate ourselves out of the moment. It is the journey into the unknown that allows surprising forms and strengths to blossom. It is important to me to

encourage the individuality of the participants and their playful joy in improvisation. In this way, shapes, images and stories emerge in their own form and musicality. The workshop includes a showing at the Produktionszentrum Tanz+Performance e.V..

**When:** 29.10.- 01.11.22, 10:00-12:30 each day

**Where:** Tanz- und Theaterwerkstatt e.V. Ludwigsburg

**Level:** Open

**Teacher:** Meltem Nil

**Price:** 140 €, reduced 120 €

**Registration and further information:**

[https://tanzundtheaterwerkstatt.de/detail?tx\\_events2\\_events%5Baction%5D=show&tx\\_events2\\_events%5Bcontroller%5D=Day&tx\\_events2\\_events%5Bevent%5D=434&tx\\_events2\\_events%5Btimestamp%5D=&cHash=d869971e8120e1dc096ca1908bb07b48](https://tanzundtheaterwerkstatt.de/detail?tx_events2_events%5Baction%5D=show&tx_events2_events%5Bcontroller%5D=Day&tx_events2_events%5Bevent%5D=434&tx_events2_events%5Btimestamp%5D=&cHash=d869971e8120e1dc096ca1908bb07b48)

### **31.10.22 WORKSHOP SHOWING: SOLOS in CONTEXT - Structures in Space and Time**

Meltem Nil develops choreographic arrangements with the participants of her workshop within which soloistic abilities can blossom in resonance with space and time.

**When:** 31.10.22, 8:00 pm

**Where:** Produktionszentrum Tanz + Performance e.V. Stuttgart

**Free entry**

**Reservation:** by mail to [assistenz@saalfrei.com](mailto:assistenz@saalfrei.com)

**Combined price TTW**

WS Meltem and WS Lilo 200 € / reduced 170 €

WS Sten and WS Lilo 125 € / reduced 105 €

## **WORKSHOPS - PROFESSIONALS**

### **29.10 - 01.11 2022 The Instrument: Composition and its Tellings**

Body, space and movement in connection with images, scenes and stories, are the elements that work together in this course. The work addresses composition, presence and imagination through the physical embodiment of gravity and form. Attentive listening, clarity and the power of choice open our perception to the sensual and poetic realms of dance creation. Experiencing that the gestures, momentum and position of our actions become themes is a working process of understanding how, when and where we act, relate and compose.

**When:** 29.10 - 01.11 2022, 10:00-13:00 each day

**Where:** Produktionszentrum Tanz + Performance e.V. Stuttgart

**Level:** Professionals

**Teacher:** Maya Carroll

**Price:** 144,- €/ 120,- € (reduced/PZ members)

**Registration:** by email to [assistenz@saalfrei.com](mailto:assistenz@saalfrei.com)

### **03 - 06.11 2022 Solo Practice**

Rosalind invites dancers to engage with the state of their body and its flesh, weight, breath, sensations, edges and content as primary material for dance. Her artistic practice suggests ways to bring this physical matter into dance by connecting it with compositional tools and imaginative frameworks. Rosalind's work supports dance artists to develop an embodied practice, to guide themselves as independent creative agents and to enjoy the challenges of working alone.

**When:** 03 - 06.11 2022, 10:00-13:00 each day

**Where:** Produktionszentrum Tanz + Performance e.V. Stuttgart

**Level:** Professionals

**Teacher:** Rosalind Crisp  
**Price:** 144,- € / 120,- € (reduced/PZ members)  
**Registration:** by email to [assistenz@saalfrei.com](mailto:assistenz@saalfrei.com)

### **Combined price PZ**

WS Maya and WS Rosalind 250,- € / 200,- € (reduced/PZ members)

### **Artists Biographies**

**Meltem Nil** - For over 14 years, Meltem Nil has dedicated herself to improvisation as a stage art. She studied painting at the Academy of Fine Arts in Stuttgart and later turned to performance art in Berlin. She sees stage improvisation as an opportunity to combine visual and performing arts. At first, her main focus was solo improvisation after meeting Andrew Morrish, an improviser from Australia. In 2014 she started doing one-hour solo improvisations. For some years now, she has also been working with different musicians in changing formations.

[www.meltemnil.com](http://www.meltemnil.com)

**Sten Rudstrøm** - Performs on many stages around the world as a performance and theatre artist and has been involved in improvisational theatre for over 30 years. He teaches a special form of improvisation: Action Theater™, which is very focused on the body and treats movement, voice as well as speech equally. Sten Rudstrøm has been working with Ruth Zaporah, the founder of Action Theater™, for over twenty years and is one of the few authorised teachers of this improvisation method.

[www.stenrudstrom.com](http://www.stenrudstrom.com) // [www.actiontheater.com](http://www.actiontheater.com)

**Lilo Stahl** - Since 1979 study and practice of New Dance -TT, CI, Improv., Composition, extended by Asian forms of expression, Aikido, breath/energy work. Co-founder of bewegungs-art Freiburg, since 2006 co-director of full-time training TIP - School for Dance, Improvisation & Performance. Solo and ensemble pieces, 87-91 member of Anzu Furukawa's "Dance Butter Tokyo". Since the mid-nineties she has followed her love of improvisation, performing in international settings with dancers and musicians.

**Maya Carroll** - choreographer, dancer and mentor who has lived in Europe since 2004. She has been creating independent work for over 18 years, from solo to extended group pieces, which she has presented throughout Europe and worldwide. In 2011 Maya founded The Instrument with her partner, composer and musician Roy Carroll. Maya works as a freelance dancer and receives commissions for state theatres, independent companies and dance academies. She leads masterclasses and workshops in Europe and abroad and continues to develop her teaching alongside her artistic work, focusing on the boundless expression of the dancing body.

[www.theinstrument.org](http://www.theinstrument.org)

**Rosalind Crisp** - Australian choreographer and dancer Rosalind Crisp has been exploring a radical, corporeal critique of dance for over forty years. She has produced numerous solo and group works informed by her rigorous, experimental engagement with the body. From 2004 to 2013, her company was based in Paris, where she was an Associate Artist of the Atelier de Paris-Carolyn Carlson. Her work is presented throughout Europe and Australia, where she is also sought after for her teaching methods. In 2015, the French Ministry of Culture awarded Rosalind the title Chevalier de l'Ordre des Arts et Letters. In 2020, she co-founded the Orbst Studio for Dance Research (Australia) with Andrew Morrish, which hosts a national and international artist-in-residence programme.

[www.omeodance.com](http://www.omeodance.com)

The SAAL FREI LABOR 2022 is an event of INSTANT ACT STUTTGART gUG in cooperation with FITZ - Theater animierter Formen, the Produktionszentrum Tanz + Performance Stuttgart and the Tanz- und Theaterwerkstatt Ludwigsburg.



**FITZ!** PZ **PRODUKTIONSZENTRUM**  
TANZ + PERFORMANCE e.V.



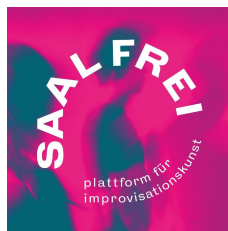
Sponsored by the City of Stuttgart and supported by the Feuerbach District Council, the LBBW Foundation, the Wüstenrot Foundation and Zwischenkunst e.V.



Instant Act Stuttgart gUG  
(haftungsbeschränkt)

Westendstraße 106/1  
74321 Bietigheim-Bissingen

HRB 777088  
Amtsgericht Stuttgart



Geschäftsführung:  
Lisa Thomas

Spendenkonto:  
Bank: GLS Bank  
IBAN: DE 75 4306 0967 1116 0384 00  
BIC: GENODEM1GLS



Gesellschafter\*innen:  
Alexandra Mahnke  
Oliver Prechtl  
Claudia Senoner  
Lisa Thomas