



Panta Rei Dance Theatre offers workshops for children and adults with or without dance experience in contemporary and creative dance. We offer workshops of varied length and adapt the level according to the age group and their qualifications. Workshops can be issue and/or dance focussed and will be based on the company's current touring repertoire.

For students:

All workshops utilise the three strands of composing, performing and appreciation. The company aims to inspire and challenge young dancers, and encourage them to explore contemporary dance further.

Examples of workshop structures:

1. One hour creative dance session - a teaser – offers a taste of contemporary dance. Students receive a dynamic introduction that will leave them wanting more and motivate them to further explore dance. The workshop is high paced, challenging and fun. This length is particularly suitable for younger age groups.
2. Two – three hour sessions. The length of this workshop provides the opportunity to explore the dance material in greater depth. Warm up exercises, taught sequences and choreographic tasks provide a more complete experience. This length is particularly suitable for older age groups.
3. Whole day workshop. During a whole day workshop the young dancers will, together with the company, create choreographies that can be presented along with Panta Rei's own performance. During this process the children will be challenged to experiment with moving in new ways, and to be creative with the material that comes from their own movement vocabulary. They will also gain a deeper insight into the choreographic process and greater appreciation for how dance performances are made. A whole day workshop is particularly recommended for older groups wanting to experience working in a professional context and focussing on the creation of a performance piece.

For dance practitioners:

Panta Rei Dance Theatre offers continued professional development workshops for dance professionals. These sessions can be tailored to meet the requests of the client group. Suggestions of content can also be offered. This could include: warm up games and sequences; contact work; improvisational structures; choreographic processes.



For teachers:

Panta Rei Dance Theatre additionally offers teachers seminars. Seminars are tailored to suit a school's needs, (requests for tailored content must be received by the company well in advance of the seminar). Please contact the company for further information.

Company members / workshop leaders:

All company members have extensive teaching and choreographic experience covering a full spectrum of settings and levels of students. These range from sessions for young children, to youth dance companies, to dancers in training, to professional dancers and practitioners, to adult community groups.

Artistic Director:

Anne Ekenes studied at the Laban Centre London, earning a MA in choreography, dance for camera and performance. She has performed with Transitions Dance Company and Attik Dance, and worked with choreographers including Jamie Watton (UK), Allen Kaeja (Canada), Lois Taylor (UK) and Noa Dhar (Israel). Anne founded Panta Rei Danseteater (PRD) in 2000 and, as PRD's Artistic Director, has led numerous projects including choreographic works for both stage and experimental film productions.

Managing Director:

Pia Holden has danced with, choreographed for and collaborated on the running of PRD since 2005. Pia is the managing director of the company. Pia studied at Ballett Akademiet in Gothenburg and Joffrey Ballet School in New York. She has danced for New York Dance Ensemble and choreographers such as Jo Strømgren, Lise Eger and Lise Nordal. Pia has also worked with various choreographers in Brazil. Pia has been collaborating with the artistic director Anne Ekenes on the five last productions of PRD.

Dancers:

Silje Bævre Lian has danced with PRD since summer 2009. She has a BA from The University of Stavanger and a MA from Laban Centre London, where she was a member of the school's performance company "Transitions". She has danced with Dybwikdans in several productions and has also performed with Inclusive Dance Company and Rogaland Teater.



Julie Drønen Ekornes has been dancing with PRD since summer 2009. She gained her preliminary dance education from Spin Off dance school and has a BA from Oslo National Academy of the Arts. Julie has danced with Molitrix Scenkunst in several productions. She has also worked with Rogaland Teater.

Kari Skotnes Vikjord has danced with PRD since summer 2010. She has a BA from Oslo National Academy of the Arts. Kari has danced with Moving Art Dance Company in several productions, and worked with choreographers such as Vilde Sparre and Hege Haagenrud.

Berit Lundene has danced with PRD since autumn 2012. She has a BA from Oslo National Academy of the Arts and has danced with Masja Abrahamsen, Tine Erica Aspaas and Nordic Black Theatre at The Norwegian National Opera.

Henriette Hamli has danced with PRD since summer 2010. She has a BA from Oslo National Academy of the Arts. Henriette has danced with Oslo Dance Ensemble, Masja Abrahamsen, Peer Gynt "TidarÅ" and Østre Gasværk Theatre, Copenhagen / Aarhus.

Stuart Waters has collaborated with PRD since 2010. Stuart graduated from The Northern School of Contemporary Dance with a BA in dance performance. Stuart has performed and toured for companies such as Attik Dance, Dansconnect, Interplay Theatre Company, Motionhouse Dance Theatre, Barebones, Wired Aerial Theatre and Protein Dance. These collaborations include credits such as Henri Ougikie, Rui Horta, David Massingham, Shapiro and Smith, Kenneth Tharp, Luca Silverstini, and Mike Ashcroft.

Robert Guy has collaborated with PRD since 2013. Robert has MA Degree in Dance Performance from Transitions Dance Company Laban and BA Hons Degree in contemporary dance, London Contemporary Dance School. London, England. Robert has performed and toured for companies such as Royal Shakespeare Company, Wired Aerial Theatre Company, Wendy Hesketh-Ogilvie, Retina Dance Company and Tim Casson.