

Class

I would like to propose a technic class were the student is invited to put his focus on the several possibilities of the body.

The essential elements will be the use of the weight, fluidity, changing energies, space, volume, focus, out of balance, or spiral, always trying to have fun and have a reflexive view of the capacity of communicate of dance.

CV

LAURA VILAR was trained as contemporary dancer in Barcelona. She has many professional experiences as a dancer in companies like Lanònima Imperial, Trànsit, Compagnie Taffanel (France), Dance Theatre of Ireland or Cobosmika co who has been on tour with Russell Maliphant company.

She has been in charge of the artistic coordination of the National Production of Dance 2017-2018.

AT PRESENT She combines her own projects as choreographer with her teaching experience.

She teaches regularly in *Institut del Teatre de Barcelona* she is coordinator of the education of *Area Espai de dansa i Creació* and she directs her own education based in contemporary research.

She teaches also in workshops in Spain and all over.

She has a degree in Letters and Humanities and a Master in Artistic Research.

Last solo: *Sanjiao*

<https://vimeo.com/215203391>