STUTTGART

Solo Choreo

11 MARCH 2026



WEDNESDAY 11/03, 20:00

Who hurt you?
Choreography & Performance: Jonas Florian

Something makes her walk
Choreography: Sawako Nunotani
Performance: Daura Hernández García

The day I journaled about that Cataclysmic event
Choreography & Performance: Stella Covi

Walking away from an explosion in slow motion
Choreography: Zina Vaessen, Selina Koch
Performance: Selina Koch

UPLOAD
Choreography: Ioannis Edgar Avetikyan
Performance: Gilda De Vecchis

back2before
Choreography & Performance: Martina Gunkel
Music & Artistic Idea: Janic Carmona alias Baldman C.

Curators: Marcelo Santos, Laura Sommerfeld, Elly Walch, Petra Mostbacher-Dix, Birgit Brinkmann

In cooperation with
Produktionszentrum Tanz + Performance e. V.

PZ PRODUKTIONSZENTRUM TANZ + PERFORMANCE e.V.

Who hurt you?


Photo: Jo Grabowski

Choreography & Performance: Jonas Florian
Music: "Do you?" – TroyBoi, "Give it" – Betta Lemme, "No More Hiding" – Subsets, "Night Club" – Tenda

The piece explores the process of forgiveness – toward others, but above all toward oneself. It reflects the inner conflict between grief, anger, shame, and the longing to release feelings of guilt. The solo traces the emotional journey of an individual who learns to accept their own mistakes and let them go. Forgiveness is not a single act, but a process – a dance with oneself. Only by forgiving oneself can true freedom be found. A gesture of love, hope, and courage.

Jonas Florian

- Trained at the Minkov Dance Academy
- Focusing on diversity through contemporary, ballet, commercial, heels, etc.
- Dancer at Helene Fischer Show with the musical "Die Päpstin", Festspielhaus Neuschwanstein, "Die Fledermaus", Theater an der Rott, "The Fairy Queen", JOiN / Staatsoper Stuttgart
- Choreographer and dancer in fashion shows for Uhlsport and Kempa

Something makes her walk


Photo: Sawako Nunotani

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We know how to walk. Is that really true? She questions the process of walking. She asks herself: Am I walking the way I want to, or am I walking toward an environment I already know? This short piece focuses on the process through which our inner will and decisions lead to actions.

Choreography: Sawako Nunotani
Performance: Daura Hernández García
Music: "Yo Yo-Ma" (originally composed J.S. Bach – Cello Suite No. 2 C-Dur, Sarabande) – Takashi Tajima

Sawako Nunotani

- Choreographer and dancer trained in Japan
- Moves between elements of dance, music, visual arts and various formats (e. g. "Night of Experiment", "Today´s dance", a dance series for one spectator, "Prayer", a dance theater with visual arts)
- Presents her works in Europe and Asia
- 2022 founded the artist collective "Kollektiv dots" with artists from various disciplines

Daura Hernández García

- Canarian choreographer, dancer and actress, who has been living in Stuttgart since 2013
- Collaborates with various companies and develops her own pieces in which body and voice merge
- Worked as a performer with Jorge Crecis, Juliette Villemin, MEINHARDT & KRAUSS, Tanzspeicher Würzburg and the Staatstheater Stuttgart, among others
- Recent works include "PUTA" (2023) and "People holding things" (2024)
- Recipient of the Tanja Liedtke Choreographic Award 2023

The day I journaled about that Cataclysmic event

Choreography & Performance: Stella Covi
Music: "INTCAEB" – Caterina Barbieri


Photo: Stella Covi

Sneakers, cap, urban outfit. Zero. Voice and body share equal presence on stage, merging rhythm, sound, and movement into a single expressive field. This solo explores a return to raw, unfiltered physicality, with the voice as its most revealing and vulnerable extension. It follows Zero, a character at a decisive turning point, moving through fragmented memories and futuristic visions in a suspended, imagined space. Curious, bold, and unafraid of imperfection, Zero balances vulnerability and play. An invitation to inhabit a liminal space where each gesture becomes an act of remembering.

Stella Covi

- FLINTA* movement artist and choreographer based in Stuttgart
- Trained at ESDC and ZHdK (BA Contemporary Dance)
- 2018-2022 member of Theater Pforzheim's dance company
- Since then freelancing, engaging in interdisciplinary collaborations with international artists and choreographers such as Alexander Gottfarb, Katherina Senzenberger, Susanna Curitis among others
- Supported by Kulturamt Stuttgart, she created "Le Disobbedienti" (2024) and is developing "Mycelic Motions" (premiering 2026)
- MA in Arts & Culture Management

Walking away from an explosion in slow motion

Choreography: Zina Vaessen, Selina Koch
Performance: Selina Koch
Music: Eliane Radigue, Merzbow, Karlheinz Stockhausen, Alvin Lucier, Cecilia Bartoli / György Fischer


Photo: Yen Lee

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This solo explores how sudden ruptures resonate within the body. In pared-down, powerful images, dancer Selina Koch reveals both instinctive and belated responses, searching for ways to transform fear. Can the fragile threshold be reached where fear no longer results in paralysis but becomes a force of metamorphosis? The stage turns into a laboratory for creatively confronting destructiveness.

Zina Vaessen

- Freelance choreographer and dancer, researcher, teacher, host, guest
- Based in Freiburg and Basel
- Studied at TIP-bewegungs-art e. V., Staatliche Musikhochschule Trossingen, Université de Genève
- 2013-2018 member of Tanzkompanie OFFSPACE Kassel
- Since 2015 developing own choreographic works
- Since 2020 teaches Movement Research and Composition at TIP-bewegungs-art e. V.

Selina Koch

- Freelance dancer and choreographer based in Stuttgart
- Studied at the University of Music and Dance, Cologne and at KHIO (Oslo National Academy of the Arts)
- Worked with Smadar Goshen, Johannes Blattner, Katja Büchtemann, Hege Haagenrud, Sawako Nunotani, Milan Pešl, Julia Brendle, a. o.
- Guest dancer with Theater der Jungen Welt Leipzig, Junges Ensemble Stuttgart, Bruchwerk Theater and Apollo Theater Siegen
- Created several (short) works and received multiple awards for the duet "Remanenz" in collaboration with Mira Pikat

UPLOAD


Photo: Diana Lecchi

"UPLOAD" is a dance solo exploring the many dimensions of waiting. From everyday pauses at a bus stop, for a message, or a job application reply, it stretches to deeper waits such as: for the world to change, for peace, for crises to end, for the earth to heal, or for a mother to finally say "I love you." A large scarf, inspired by "The Little Prince", weaves through the dance as a symbol of hope and the invisible threads connecting our desires to the future.

Ioannis Edgar Avetikyan

- Choreographer and contemporary dance artist working as a freelancer across Europe
- His works include "EmptiNess" – Alkmini Theatre (Athens), "The Miracle of Energy" for the company Re-Battery Recycling, "Let's Duet" – Wee Dance Company Germany and K.I.S.S. Festival Athens, and some more
- Practice based on contemporary dance and theatrical element, characterized by physical intensity, dramaturgical structure, and a strong interest in multidisciplinary collaboration

Gilda De Vecchis

- Contemporary dancer who has worked with companies and choreographers such as the Wee Dance Company, Tanzcompagnie G.H. Theater and Jonathan Reimann
- Graduated from Accademia Susanna Beltrami (DanceHaus, Milan) and deepened her knowledge through workshops and intensive training in contemporary techniques, including Gaga and SKID
- Background in rhythmic gymnastics, pole dancing, and aerial silks, contributing to a strong sense of body awareness and great versatility in movement

Choreography: Ioannis Edgar Avetikyan
Performance: Gilda De Vecchis
Music: "Spectacle Of Ritual" – Kali Malone

back2before


Photo: Jonas Hardt / Suzan Stouthart

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I want to feel. Surrender.
Being carried away.
The beat, our flesh,
my beating heart.
Connected.

Martina Gunkel

- Freelance dancer, performer and choreographer based in Stuttgart
- Bachelor of Performing Arts (Modern Dance Theater) at Fontys, Netherlands
- Part of the artistic team of SAALFREI, a platform for improvisation art in Stuttgart
- Works with Blomst!, Johannes Blattner, Yahi Nestor Gahe, vloeistof, Silent Ladies, Daura Hernández García, Efecto R

Janic Carmona alias Baldman C.

- House DJ and producer in Stuttgart
- 2013 started with Techno Beats
- Since 2019 playing and producing House music
- Style: creamy pane vibes, breakhouse rhythms, raw minimal beats
- Resident at Schimmer Record Collective

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