

TEN WEEKS · THREE HOURS A WEEK · NO EXPERIENCE NEEDED

Kumpanya Dance Theatre

A dance theatre training

A ten-week course in ballet and contemporary dance for anyone who likes to move - building, week by week, towards a dance theatre piece about migration.

Length	10 weeks, one evening a week
Session	3 hours, including a break
Group	About 12 people, mostly complete beginners
Contribution	10Euro a session — this pays the studio rent and nothing else
When	First session 06.10.2026, Tuesday
Where	Rustenburgstraat 236, 1073 GK Amsterdam (only 1 st session)
To join	Duygu Tolunay, duygu@tolunay.nl

What three hours roughly looks like

The shape is the same every week, and you will know it by the third session. Two and a half hours of dancing, and half an hour working on the piece.

Time	Block	
15 min	Arrival circle	Names, and getting into the room together.
30 min	Warm-up	On the floor first, then standing. The same sequence for weeks at a time.
30 min	Ballet basics	At a chair or the wall, then in the middle of the room.
10 min	Break	Water and talking. It counts.
30 min	Contemporary	Floorwork, weight, travelling across the room.
35 min	The phrase	One dance we build all term, eight counts at a time.
30 min	Migration laboratory	Half an hour on the piece, then a closing circle.

Where the ten weeks go

Each week adds one thing to the body and one thing to the piece. Nothing assumes you were there for anything before it.

	Week	In the body	In the laboratory
1	Arriving in the room	Standing, breathing, rolling down through the spine.	Names, feet, and the places we have stood.
2	Weight and the floor	Plié, the positions, getting to the floor and back up safely.	What we carry - weight, and things awkward to hold.
3	Lines and directions	Tendu and dégagé, and how a room has directions.	Crossing a line, waiting at it, being let through.
4	Breath and spiral	Arms that come from the back. Contraction and release.	One word in your first language, said by everyone.
5	Time and suspension	Balance, slow sustained movement, falling and recovering.	Waiting. Queues, corridors, official letters.
6	Travelling	Chassé, balancé, pas de bourrée - moving through space.	One long sheet of paper: everybody draws their route.
7	Turning	Spotting and the soutenu turn; keeping your bearings.	An object from home, and the gesture that goes with it.
8	Jumping	Sauté and changement; dancing the same thing in canon.	Voices - the sentences forms and letters use on people.
9	Ensemble	Leaning, sharing weight, the long line of an arabesque.	What has grown here - what was found, not only lost.
10	Putting it together	A full class, and a run of everything we made.	We show it to each other. About six minutes.

The Potential Questions in Your Mind

Do I need to be able to dance?

No. Most of the group will be complete beginners and a few people will have trained before. Every exercise is given in two or three versions, named out loud, and choosing the simplest one is not a confession. Where there are mirrors, we spend half the class facing away from them.

Am I too old, too stiff, too out of shape?

Almost certainly not. Nothing is asked of your flexibility, there is no jumping until week eight, and every floor exercise has a version you can do sitting on a chair. Tell me about any injury, surgery, dizziness or pregnancy before we start and I will build around it.

Do I have to perform at the end?

In week ten we show what we made to each other. No audience, unless the whole group wants to invite a few people. The ten weeks are the course. The public piece comes later, and only for those who choose to continue.

What if I miss a week?

Come back the next week. The warm-up repeats deliberately and the dance is taught in small pieces, so a missed evening is not a hole you fall into. Try to be there for the first three, when the group forms.

What language is it in?

English and English is nobody's first language in the room. I demonstrate before I explain, and the ballet words are French, which is equally foreign to all of us.

What does the money pay for?

The studio rent, and nothing else. Nobody is paid. If the contribution is a problem for you, write to me and it is solved, quietly.

What to bring

- Leggings or loose trousers and a t-shirt - anything you can move in.
- Barefoot, or socks with grip on the sole. Please not ordinary socks; they are slippery and people fall.
- Ballet shoes if you happen to have them. You do not need them.
- A water bottle. That is all.

Where this is going

When the ten weeks end, those who want to continue move into a production phase and make a full dance theatre piece about migration, using the material this group invents. That is a bigger commitment and a separate decision.

Doing the ten weeks commits you to nothing. Plenty of people will come for the dancing, and that is a complete reason to be there.

If you like moving, you already have everything this course asks for.

To join, or to ask anything at all: Duygu Tolunay · duygu@tolunay.nl