

# KAROLA LÜTTRINGHAUS

Choreography, Dance, Directing, Performing  
Movement Research, Performance Studies  
Movement Technique & Kinesiology  
Design & Construction (Scenic, Costume, Sound)  
Festival and Summer School planning  
Community Outreach

karolaluttringhaus@gmail.com

<https://www.karolaluettringhaus.com/>

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## DEGREES & ACADEMIC ACCOMPLISHMENTS

- **PhD candidate at UC Davis, Performance Studies, ABD**, expected graduation December. '24
  - Bilinski Dissertation Year Fellowship and Summer Research Fellowship in Performance Studies at UC Davis, '23/'24
  - Dissertation Committee: Dr. Joseph Dumit (UCD: Anthropology, Science and Technology Studies), Dr. James Housefield (UCD: Design, major professor), Dr. Lynette Hunter (UCD retired: Theatre & Dance, Rhetoric), Dr. Kriss Ravetto-Biagioli UCLA: Film and Media Studies)
- **MA, Performance Studies**, UC Davis ('19)
- **MFA (equivalent), Scenic/Exhibition/Costume Design**, Technische Universität Berlin, ('13)
- **BFA, Choreography & Modern Dance** University of NC School of the Arts, USA ('98)

## EMPLOYMENT AT UC DAVIS

- **ASSISTANT INSTRUCTOR/TEACHER (AI)** September 2017- August 2023
  - DRA 43A Contact Improvisation
  - DRA 40A Intro to Modern Dance
  - DRA 40B Advanced Modern Dance
  - DRA180 Technical Theatre (scenic-, costume-, lighting design, stage management, rigging)

- **TEACHING ASSISTANT** September 2017-August 2023
  - DRA 116 Design On Screen: The Art of Costume Design, (Lead TA)
  - DRA 024 Visual Aspects of Dramatic Art (Theatre & Dance, Prod) with Prof. Morgan (reader)
  - DRA/AAS 155A Afro Brazilian Dance & Culture with Jamie Davidson (reader)
  - DRA/SCENE SHOP (Drama) (TA, supervisor to student carpentry crew, carpenter)
  - DES175 (Design) Functional Apparel Design with Dr. Gonçu-Berk, (TA)
  - DES001 (Design) Intro to Design with Dr. Housefield and Dr. McNeill, (Lead TA)
  - DES115 Typography (Design) with Prof. Rubin, (TA)
  - TCS 159 Media Subcultures (Techno-cultural Studies) w Dr. Kris Fallon, (TA)
  - TCS155 Intro to Documentary Film (Techno-cultural Studies) with Prof. Drew (TA)
  - FMS 127 Film Theory (Film and Media Studies) with Dr. Fallon, (TA)
  - COM011/GER011 Travel in History (Communication/German) Dr. Zhang, (reader)

## **FURTHER EMPLOYMENT**

- **Salem College, NC, Adjunct Faculty, Co-founder of Movement Research Major, Dance Department, concept development, teaching DAN220 (BII – The Body's Intrinsic Intelligence), '14-'17**
- **Stage Hand and rigger at Wilson Center, Wilmington, NC '15-current**
- **Facilitator/Educator for Turning The Wheel, non-profit arts and community building programming for the elderly, children, and children with emotional/learning difficulties, k-12**
- **Alban Elved Dance Company/Karola Lüttringhaus, artistic director, choreographer, designer, educator** <https://www.karolaluettringhaus.com/works.html>
  - **choreographer:** '94-current, repertoire includes more than 100 original dance pieces for Alban Elved Dance Company as well as commissions for other companies/theatre houses, most recent new work “Letter to Water” is coming up at Cameron Art Museum in collaboration with UNCW, CAM, UTK and independent artists October 19, 2024
  - **Touring/performing:** at universities, festivals, and performance venues across USA, Germany, and UK including Auburn University, Cameron Art Museum, Southeastern Center for Contemporary Art, University of Nevada Las Vegas, Cape Fear Community College, University of North Carolina Wilmington, Salem College, Appalachian State University, Coker College, University of Anchorage, Meredith College, University of Southern Mississippi Hattiesburg, Wake Forest University, Duke University, University of Louisiana Natchitoches, University of Wyoming Laramie, East Carolina University, University of North

Carolina Greensboro, Landesbühnen Sachsen, Dresden Theater Radebeul, 'Bewegungsschreiber'/Hochschulzentrum Tanz/Dock 11, Podewil Berlin, Pfefferberg Berlin, Schiffbauergasse Potsdam, Prague Quadrennial, and many others. '01-current (see website for schedule and history)

- **Designer:** More than 50 scenic designs, countless costume designs, and sound designs for Alban Elved dance Company and others.
- **Arts education program "Wingspan"** with high schools and elementary schools in New Hanover, Forsyth, Brunswick, and Pender counties, NC 2004-current
- **Artist in Residence** (multi-year)
  - **Ponderosa Dance e.V. in Stolzenhagen, Germany, '19-'21 \* Millennium Center Winston-Salem, NC '00-'03 \* Wake Forest University '04-'07 \* UNC Wilmington '07-'08 \* Salem College '04-'17\*** and others
- **Freelance educator:** Community & Open Classes in Wilmington, NC '21-current
- **Festival organizer & founder of Sarus Festival for Site-specific & Experimental Art,** <http://sfarchives.weebly.com/> 7 years/festivals '07-'18 administrator, curator, grant writer, and technical co-coordinator, set builder, dancer
- **Festival organizer & founder of MoRe Movement Research Festival/Summer School/Event series, and Festivals with Salem College and Forsyth County High Schools, USA, '06-'17**
- **Dancer for other artists/companies:** theater legend Robert Wilson (Weimar/Germany), Benoit Maubrey's Audio Ballerinas, Felix Ivanov's Wheel Theatre, Alban Elved Dance Co, film, TV, still-a-live dance company/Gabriela Dazzi, Berlin, Germany.
- **Commissions: Freelance choreographer, Scenic Designer, commissioned work by theatres, universities and organisations in USA und Germany, a.o.:**
  - **Landesbühnen Sachsen, Dresden Theater Radebeul,** commission for a dance theatre work (creation, directing and design (scenic, costume, video, sound) 'Seelenschmiede', Radebeul, Germany, for 'Karl May Tage' 100 years karl May celebrations,'13
  - **'Bewegungsschreiber',** scene design for Daniela Seel, David Bloom, in collaboration with the Hochschulzentrum Tanz, Prof. Ingo Reulecke and Dock 11, '12
  - **University of North Carolina Wilmington,** choreography, scenic design, performance, video design, 'The Light of the Water', commission for a full length interactive piece for young audiences, set design with 5000 plastic water bottles, thematizing plastic pollution, '16
  - **SECCA, Southeastern Center for Contemporary Art, '01-'03**

- **Duke University**, Collaboration with the Fitzpatrick Center for Photonics, Dr. David Brady, '03, Science and Art merger, launching the Free Space series,
- **and others...**
- **Carpentry/Scenic construction for Freelance Staging**: building newsrooms for TV stations worldwide, Thomasville, NC, '03-'06
- **Ken's Trim, Trim-crew/carpentry**: carpenter on trim crew: windows, doors, trim installation and repair, Winston-Salem, NC, '03-'04
- **Internship**: Theater d. Westens Berlin in carpentry/scenic construction, '98

## CURRENT RESEARCH PROJECTS:

- **CHOREOGRAPHY:**
  - **TRACING GESTURE**: investigation into improvisational and choreographic practices examining the relationship between moving and thinking: dance as gesture; Articulation Theory
  - **SOCIAL CRITIQUE**: embodied liberation, investigating social structures and constructs, gender, racism, misogyny, violence, oppression through dance performance. Decolonizing the body.
- **SCENIC DESIGN**
  - **PSYCHOLOGICAL SPACE**: Articulation theory, experimental and site-specific performance spaces, audience<->performer relationship
  - **DANCING THE VIRTUAL REAL**: examining the use of and interaction with new technologies in projections and elements of surveillance. Dancing with virtual bodies.
- **MOVEMENT RESEARCH: BII - THE BODY'S INTRINSIC INTELLIGENCE**
  - **EFFORTLESSNESS**: dance & movement technique, redefining alignment from joint function to tissue cooperation, experiential kinesiology, biomechanics
  - **DYNAMIC BODYWORK & TOUCH**: 1) manual therapy: movement is needed to integrate soft tissue changes more functionally and with more lasting results. 2) Touch for refining proprioception and spatial awareness, touch as teaching tool for movement technique.
- **IMPROVISATIONAL PRACTICES**
  - **PERFORMANCE & COLLABORATION**: exploration into collective improvisational performance practices, nature of collaboration, performativity, and ritual
  - **FLOW & DRIFT**: communication and responsiveness in Contact Improvisation

- **AUTHENTIC MOVEMENT:** movement toward dance therapy, rethinking the audience <-> performer relationship

## SOUND DESIGN <https://www.karolaluettringhaus.com/sound.html>

- **Alban Elved Dance Company/Karola Luttringhaus**, 20+ Sound Designs, electronic music, sound art, instruments and vocals, '08-current

## ART & DESIGN EXHIBITIONS

- **Berliner Dom/Berlin Cathedral, 1. Place in scenic design**, Design, 'Ein Krippe für den Berliner Dom', 'Jesus, Licht der Welt', "A Nativity Scene for the Berlin Dome" '12
- **Exhibition** of the physical model and sketches for the design, 'Jesus, Licht der Welt', **Berliner Dom/Berlin Cathedral**, '12
- **SARUS Festival**, charcoal drawing and performance, '15
- **Edinburgh Fringe Festival** and Edinburgh Collegiate Festival. "Matrix", (choreographer and costume designer, sound designer), collaborative work with Lighting and Scenic Designer Fereshteh Rostampour '15
- **PQ, Prague Quadrennial**, representation as part of the German delegation of scenic designers to the festival, scene design. '15
- **Bellamy Mansion**, 'Hippolyta', sound/video installation, Wilmington, NC, '14
- **Visual artist/performer for Courtney Owen-Muir** (Canada), at **SARUS Festival**, '14
- **Cameron Art Museum**, State of the Art, group show "Nur meine Welt", '14
- **World Stage Design Festival:** Exhibition of video and stills from performances of 'Matrix' at the , Cardiff, Wales, UK. Certificate Award for interactive design in collaboration with Fereshteh Rostampour. Choreography, costume design. '13
- **Berlin Weekly Gallery:** exhibition of 'Light Territories' Group Exhibition, Berlin, Germany 'Infinite Inversion', '13

- **Fluxus Museum, shop, Potsdam:** “Gemälde und Zeichnungen” (Drawings and paintings) im , '07-'16
- **MoBe, Berlin,** Germany, exhibition of fine art, Performance, '13
- **Salem College,** exhibition of visual art, Remembering the Holocaust, large scale works in group show, Salem College Gallery, '09
- **Cameron Art Museum:** scenic-, sound- and visual art installation with performance element, 'Darkness', Wilmington, NC, Holocaust Remembrance, Wilmington, NC, '08
- **various smaller galleries** around Winston-Salem, NC: Solo visual art shows, paintings and drawings, '97
- **Galerie & Cafe Artemis,** Berlin-Kreuzberg., Germany, solo show, paintings, '94

## AWARDS & GRANTS

- **Summer Research Fellowship July – August 2023,** to complete chapter of dissertation
- **Bilinski Dissertation Year Fellowship,** October 2023 – September 2024, dissertation writing
- **Kennedy Center American College Theatre Festival Award** for best costume design, 'The Bluest Eye', Directing by Margaret Kemp, Janni Younge (Paperhand Puppet), '18
- **VDI Verein Deutscher Ingenieure/Association of German Engineers:** Award for Excellence in Scene Design, and graduating at the top of my class at Technische Universitaet Berlin Scenic Design and Exhibition Design, Berlin, Germany, '14
- **Berliner Dom/Berlin Cathedral:** 1st Place, Berliner Dom, nativity scene design, '12
- **Prague Quadrennial:** Certificate Award (with scenic designer Fereshteh Rostampour), '13
- **North Carolina Arts Council Choreography Fellowship** for excellence, '06
- **Artist and project grants** in North Carolina, ~\$350,000
- **In-kind support** in North Carolina, ~ \$2,000,000

## FURTHER EMPLOYMENT

- **College of Wilmington:** Part-time faculty/guest teacher in Kinesiology/movement science, '15
- **Self employed, massage therapist, Continuing Education Provider** for Massage Therapists of NC, USA & **movement educator,** '91- current

- **Part time carpenter**, Remodeling work for Atlantic Disaster Services, Wilmington, NC (reference: Todd Robinson), '14-'17
- **Business owner, carpenter**, set builder, owner of 'Das Haus Carpentry', '99-'17
- **Stage hand/deck hand, rigger** Wilson Center, Wilmington, NC, '14-'17, '22-'current
- **Stage hand/deck hand**, Mondavi Center, University of California Davis, CA, '17-'19

## **FURTHER EDUCATION**

- Axis Syllabus International Research Community certification program, ongoing study, most recent workshop/conference October. '24 (Biomechanics/Kinesiology/Pedagogy), '11-current
- Asheville School of Massage & Yoga, Asheville, NC. Licensed Massage & Bodywork Therapist, NC# 8931, '09
- NCBTMB approved Continuing Education Provider, Dynamic Bodywork, License #1006, '16-'19
- Ellys's Dance School (Danceworks Berlin e.V.), Berlin/Germany, Diploma Modern Dance & Choreography, '89-'91
- Apprenticeships in Carpentry and Set-building, '99
- Apprenticeship in Massage Therapy, '99
- Freie Universität Berlin/Germany, FU Berlin - Art History and Philosophy, '88-'89
- Bertha-Von-Suttner Oberschule, Berlin/Germany, Abitur, (High School Diploma/Abitur) – High school majors in Fine Art/Design and French, minors in Biology, Political Sciences, '87

## **CONTINUING EDUCATION MAN. THERAPY, SOMATICS, MOVEMENT RESEARCH**

- Ongoing study with Axis Syllabus International Research meshwork, 2x/year in person or online, most recently Axis Syllabus workshops abdominal structures and the AS notation system, February 2024 and Nomadic College Intensive October 2024
- Exercise Physiology, UC Davis course, EXB 101, 4 units, '18
- Axis Syllabus, teacher lab/workshop intensive, Berkeley, CA, '19
- Axis Syllabus, teacher training and workshops, Canada (2 weeks)
- Axis Syllabus, Nomadic College, Italy (4 weeks)
- Tom Myers & Axis Syllabus co workshop, 10 CEU's
- Axis S. teacher training/workshop, Berlin, Germany (2 wks), '16
- Axis Syllabus, Nomadic College (8 weeks), '15
- Watsu 1 (w. James Orsi), aquatic bodywork, '14
- Axis Syllabus, Nomadic College, 1 month, '14

- Muscles of the Pelvis, Anatomy Trains Tom Myers, rolfing/structural integration, hands on, '14
- Shiatsu Bodywork, '12
- Continuing studies in Anatomy, Pain Management, Somatics, Bodywork, Watsu, Injury Prevention for dancers & athletes, AMTA, MMC, KMI structural integration, Hannah Somatics, '10-current
- Workshop, Advanced studies in Orthopedic Massage, James Waslaski, '10

## **OTHER**

- German (native), English (fluent), French (conversational), Spanish (beginner)
- Member of Dance Studies Association, Performance Studies International, a.o.