

# CV 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, Recruiting

dynbod@gmail.com

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

p: 336 409 5096



## DEGREES, ACADEMIC ACCOMPLISHMENTS, CERTIFICATIONS

- **PhD candidate at UC Davis, Performance Studies, ABD**, graduation 12/24
  - 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)
- **Certified Axis Syllabus® Teacher**, study '11-current, certification in 2024
- **Licensed Massage & Bodywork Therapist, CEU provider** '91/'25

## ADJUNCT FACULTY AT SALEM COLLEGE '14-'17

- DAN220, BII – The Body's Intrinsic Intelligence Movement & Dance Technique and Experiential Kinesiology
- MoRe Festival and Summer School organization and curation
- Choreography for students
- Performing with my company (Alban Elved Dance Company)
- program development (focus on Movement Research and Kinesiology, collaboration with Exercise Science, Anatomy, Biology)

### **ASSISTANT INSTRUCTOR AT UC DAVIS (AI)** Developing my own syllabus '17- '23

- DRA 43A Contact Improvisation
- DRA 40A Intro to Modern Dance
- DRA 40B Advanced Modern Dance (BII – The Body's Intrinsic Intelligence)
- DRA180 Technical Theatre (scenic-, costume-, lighting design, stage management, rigging)

### **TEACHING ASSISTANT AT UC DAVIS (TA)** '17-'23

- DRA 116 Design On Screen: The Art of Costume Design, with Prof. Morgan (Lead TA)
- DRA 024 Visual Aspects of Dramatic Art (Theatre & Dance Production) 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) with Dr. Kris Fallon, (TA)
- TCS155 Intro to Documentary Film (Techno-cultural Studies) with Dr. Drew (TA)
- FMS 127 Film Theory (Film and Media Studies) with Dr. Fallon, (TA)
- COM011/GER011 Travel in History (Communication/German) Dr. Zhang, (reader)

### **GUEST ARTIST & EDUCATOR** '01-current

- Performing and Teaching Dance and Choreography at: Cameron Art Museum, University of North Carolina Wilmington, University of Nevada Las Vegas, Wake Forest University, Salem College, Winston-Salem State University, Duke University, Meredith College, Coker College, St. Mary's College, University of North Carolina at Raleigh, University of North Carolina Chapel Hill, East Carolina University, Auburn University Alabama, University of Wyoming Laramie, University of Alaska Anchorage, University of Southern Mississippi at Hattiesburg, University of Louisiana at Nachitoches, Miami Dade Community College, Cape Fear Community College, and many others.

### **TURNING THE WHEEL** '23-current

- **Facilitator/Educator/Assistant to the Director**

TTW is a national non-profit arts organization. Responsibilities include offering creative movement and arts programming for elderly, children, children with emotional/learning difficulties as well as educational programming for educators k-12 and special ed teachers.

#### **ALBAN ELED DANCE COMPANY/Karola Lüttringhaus, 1994-current**

- **Artistic director, Founder, Choreographer, Designer, Educator**
- **Choreographer:** repertoire includes more than 100 original dance pieces: <https://www.karolaluettringhaus.com/works.html> '94-current,
- **Touring/Performing:** at universities, festivals, and performance venues across USA, Germany, and UK including universities in Alabama, South Carolina, North Carolina, Las Vegas, Alaska, Mississippi, Massachusetts, Wyoming, Louisiana, Brazil, Germany, UK.
- **Designer:** 50+ scenic designs, costume designs, and sound designs for Alban Elved dance Company and others. <https://www.karolaluettringhaus.com/works.html>
- **Arts education program "Wingspan"** with high schools and elementary schools in New Hanover, Forsyth, Brunswick, and Pender counties of North Carolina '04-'17

#### **ARTIST & COMPANY IN RESIDENCE**

- Ponderosa Dance e.V. Stolzenhagen, Germany, PhD research, movement research, teaching '19-'21
- Millennium Center Winston-Salem, NC, performing, outreach, teaching, '00-'03
- Wake Forest University, performing and teaching '04-'07
- University of North Carolina Wilmington, choreography, Company in residence, performing, and teaching, several commissioned works, '07-'08
- Salem College, performing and teaching '05-'17\*
- Landesbühnen Sachsen, Dresden Theater Radebeul, '13
- Dock 11, Bewegungsschreiber in collaboration with Hochschulzentrum Tanz, '11, '12
- University of North Carolina Wilmington, '08, '16
- SECCA, Southeastern Center for Contemporary Art, '01-'03
- Duke University, Collaboration with the Fitzpatrick Center for Photonics, '03

#### **FREELANCE EDUCATOR '91'-current**

Community & Open Classes in NC/CA USA; Germany; Mexico

#### **FESTIVAL ORGANIZER '91'-current**

- **Founder of Sarus Festival for Site-specific & Experimental Art, '07-'18**  
<http://sfarchives.weebly.com/> Wilmington, NC, 7 yrs/festivals, admin., exec., art.
- **MoRe Movement Research Festival/Summer School/Event series, Salem College**  
Winston-Salem, NC, USA, '15-'17

## **DANCER FOR OTHER COMPANIES/ARTISTS '91'-current**

- Theater legend Robert Wilson (Weimar, Germany), Benoit Maubrey's Audio Ballerinas (Berlin, Germany), Felix Ivanov's Wheel Theatre (Winston-Salem, NC), still-a-live dance co/Gabriela Dazzi (Berlin, Germany), Shea-Ra Nichi (Wilmington, NC), film & TV productions in Berlin, Germany and NC, USA, Pamela Wagner (Bath, UK), Moving Poets Theatre of Dance Berlin, Germany and Charlotte, NC, USA, a.o.

## **CARPENTRY/TECHNICAL THEATRE**

- **Stage Hand and rigger '15-current**  
Wilson Center, Live Oak Bank Pavillion, Stevens Center, NC
- **Carpentry/Scenic construction '98-'17**  
for Freelance Staging; Bob's Trim carpenter on trim crew; internship in scene building at Theater des Westens Berlin, Germany; Atlantic Disaster Services, Wilmington, NC.

## **ART & DESIGN EXHIBITIONS**

- Berliner Dom/Berlin Cathedral, 1. Place and exhibition in scenic design, Germany, '12
- SARUS Festival, drawing and performance, Wilmington, NC, '15
- Edinburgh Fringe Festival and Edinburgh Collegiate Festival. "Matrix", collaborative work with Lighting and Scenic Designer Fereshteh Rostampour, UK, '15
- PQ, Prague Quadrennial, scene design, Czech Republic '15
- Bellamy Mansion, sound/video installation, Wilmington, NC, '14
- Visual artist/performer for Courtney Owen-Muir (Canada), at SARUS Festival, '14
- Cameron Art Museum, group show, drawing, Wilmington, NC, '14
- World Stage Design Festival: Exhibition of video and stills from performance, Certificate Award for interactive design in collaboration with Fereshteh Rostampour. Choreography, costume design, Cardiff, Wales, UK, '13
- Berlin Weekly Gallery, Group Exhibition, scenic design, Berlin, Germany, '13
- Fluxus Museum, shop, Drawings and paintings, Potsdam, Germany, '07-'16
- MoBe, fine art & performance, Berlin, Germany, '13
- Salem College Gallery, visual art, large scale works in group show, Winston-Salem, NC, '09
- Cameron Art Museum, scenic/sound/visual art installation + performance, Wilmington, NC, '08
- various smaller galleries, solo, visual art, Winston-Salem, NC, '97
- Gallerie & Cafe Artemis, solo, paintings, Berlin, Germany, '94

## **AWARDS & GRANTS**

- Summer Research Fellowship, UC Davis, to complete chapter of dissertation, '23
- Bilinski Dissertation Year Fellowship, dissertation writing, UC Davis, '23-'24
- 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 in choreography, '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 in Kinesiology/movement science, '15
- Small business owner, 'DYNAMIC BODY', LMBT massage therapist, CEU Continuing Education Provider, Winston-Salem and Wilmington, NC, Davis, CA, USA, and Stolzenhagen, Germany '91- '19
- Small business owner, carpenter, 'Das Haus Carpentry', Winston-Salem, NC, '01-'17, contractor Atlantic Disaster Services, Wilmington, NC, '14-'17
- Stage hand/rigger Wilson Center, Mondavi Center, Stevens Center, NC, CA, '14-current

## **FURTHER EDUCATION and CEU**

- Axis Syllabus© International Research Meshwork Certification Program; Nomadic College, 1 month, '14; teacher training, Berlin, Germany (2 wks), '16; Nomadic College, 8 weeks, '18; teacher lab intensive, '19; abdominal structures and AS notation system, '24, Nomadic College 2 weeks, '24 (certification) and ongoing online and self-guided study
- Early Childhood Educators Symposium, Wilmington, NC participant and presenter, with Turning The Wheel, '24
- Asheville School of Massage & Yoga, Asheville, NC. Licensed Massage & Bodywork Therapist, NC# 8931, '09
- NCBTMB approved Continuing Education Provider, Dynamic Bodywork and BII Movement for Integration with Massage Clients, License #1006, '16-'19
- Danceworks Berlin e.V., 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, Germany, Abitur, Art/Design/French/Biology, Political Sciences, '87
- CEU's
  - Exercise Physiology, UC Davis course, EXB 101, 4 units, '18
  - Contact Improvisation Advanced practitioners Conference, Rutherfordton, NC '24
  - Tom Myers & Axis Syllabus, 10 CEU's; Muscles of the Pelvis, Anatomy Trains, '14
  - Watsu 1 (w. James Orsi), aquatic bodywork, '14
  - Shiatsu Bodywork, '12
  - James Waslaski, Advanced studies in Orthopedic Massage, '10

#### **OTHER**

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