



KAROLA LÜTTRINGHAUS

Artist & Educator

dynbod@gmail.com

karolaluettringhaus.com

sarusfestival.org

dynamic-body.org



FACULTY

- DAN220 Movement Research 'BII – The Body's Intrinsic Intelligence', Salem College, NC, within the major for Dance & Movement Science. www.salem.edu/dance, '14-'17

TEACHING ASSISTANT (UC Davis)

- DES001: Intro to Design, UC Davis (Prof. James Housefield), Fall '17/'18
- Sceneshop (carpentry, set construction, scene painting, lift permit, rigging), UC Davis (David Grenke) Winter '18

ASSISTANT INSTRUCTOR (UC Davis)

- DRA 40A: Intro to Modern Dance, spring '18
- DRA 40B: Intermediate Modern Dance, summer '18, winter '19

CONTINUING EDUCATION PROVIDER

- NCBTMB approved CEU provider for Massage Therapists, #1006

GUEST ARTIST ENGAGEMENTS & RESIDENCIES (selection)

TEACHING & PERFORMANCE COMBOS

- Auburn University, '11, '12, '13, 15, '17
- Cape Fear Community College, Wilmington, NC '16
- Charlotte New Music Festival, Charlotte NC, '16
- Salem College, '03-'17 annually
- UNCW, Department of Theatre and Dance, University of North Carolina Wilmington, NC '09-'13
- UNCW, UNCW PRESENTS, Wilmington, NC, '07, '08, '15, '16, '17
- NSU, University of Louisiana at Natchitoches, LA (American College Dance Festival), '10
- The Cameron Art Museum, Wilmington, NC '09, '10
- SARUS FESTIVAL, Wilmington, NC, '07, '08, '14, '15, '16, '17, '18
- Wake Forest University, Winston-Salem, NC '00-'06 annually
- Duke University, Durham, NC, '02-'06 annually

- Moving Poets Charlotte, NC '15
- The Dance Cooperative, Wilmington, NC '14
- Forsyth County Public High Schools, NC, '06-'13 annually
- New Hanover County High Schools, NC, '10-'14 annually
- NC Dance Festival Tour and Outreach: Appalachian State University, Boone, NC, UNC Greensboro, Meredith College, various other NC educational organizations (College, university, high schools) '01-'16 bi-annually
- Dock 11, Berlin, Germany, '07, '11, '13
- UNLV, University of Nevada, Las Vegas, Dance Department, '08, '10, '12
- Coker College, South Carolina, '06
- Millennium Center, Winston-Salem, NC, '03- '04
- UWYO, University of Wyoming, Dance Department, Laramie, WY, '02, '03, '04
- Out North Contemporary Art House, AK, '04
- UAA, University of Alaska Anchorage, AK, '04
- Art and Culture Center of Hollywood, FL, '04
- University of Southern Mississippi, Dance Department, Hattiesburg, MS, '04
- Ruth Cansfield Dance, Winnipeg, Canada, '04
- The American Dance Festival, Durham University, NC, '02, '03, '04, '05, '15, '16

ARTISTIC LEADERSHIP, CURATING, ORGANIZING

- Alban Elved Dance Company, USA and Europe, Artistic & Executive Director, Choreographer/Scene Design/Sound Design/Costume Design/Aerial Dance, Rigging, '94-current
- SARUS FESTIVAL for Site-specific & Experimental Art, Artistic & Executive Director, Founder. Approximately 60 local, regional and international artists, +/-50 events (performances, lectures, master classes, outreach, film showings, socials, etc) in 6 indoor and outdoor venues. www.sarusfestival.org '07, '08, '14 - current annually
- MoRe summer school and MoRe Festival of Movement Research, Somatics and Art with/at Salem College, NC, USA, Creator, director, performer and teacher, '15 (preparation only), '16
- MoRe Movement Research Project, event series, outreach for Salem College Dance Department and Alban Elved Dance Company, investigating movement arts and movement sciences, '14-'17, ongoing/annually
- Arts Education project Wingspan, creative project with high schools in Forsyth County and New Hanover County, NC leading to performances. '06 – '13, annually

PERFORMANCES & COMMISSIONED WORKS (selection/abbreviation. More details upon request)

- UC Davis, Davis, CA – UNC Wilmington, Wilmington, NC
- Landesbuehnen Sachsen, Dresden Theater Radebeul, Germany
- The American Dance Festival, Raleigh, NC
- Dock11, Berlin, Germany
- T-WERK Potsdam, Germany
- FLUXUS Museum, Potsdam, Germany
- Cape Fear Community College, Wilmington, NC
- Prague Quadrennial, Prague, Czech Republic
- UC Davis - Gamboa Brazil
- North Carolina Museum of Art, Raleigh, NC
- Bunnell Street Gallery, Homer, AK
- Out North Contemporary Art House, Anchorage, AK
- Duke University, Durham, NC
- Wake Forest University, Winston-Salem, NC
- International Aerial Dance Festival, Boulder, CO
- Cameron Art Museum, Wilmington, NC
- Southeastern Center for Contemporary Art, Winston-Salem, NC
- '10. Internationales Solo Tanz Theater Festival und Wettbewerb, Stuttgart, Germany

- The d.u.m.b.o. Dance Festival, NYC; Cool New York Festival; Wave Rising Series, NYC; Dance Now! New York; Raw Materials, NYC;
- Old Dominion Uni Choreo showcase, Norfolk, VA;
- North Carolina Dance Festival
- Vedauwoo Aerial Festival, Laramie, WY
- Duke University, Durham, NC
- Piccolo Spoleto Festival, Charleston, SC
- Snowy Range Dance Festival, UWYO, Laramie, WY
- Charlotte Dance Festival in Charlotte, NC
- H-Street Playhouse, Washington, DC
- Ballhaus Naunynstrasse, Berlin, Germany
- Theater am Halleschen Ufer, Berlin, Germany
- Juggling Convention, Tankerton, UK
- Kenan Auditorium, UNCW, Wilmington, NC
- Salem College
- Cape Fear Academy and other High Schools in NC and SC
- KIDZU, Raleigh, NC
- BOOM Charlotte Festival, Charlotte, NC
- Charlotte New Music Festival, Charlotte, NC
- Eastern Carolina University, Asheville, NC
- University of Southern Mississippi, Hattiesburg, MS
- Arce Beira Mar, Gamboa, Brazil
- Auburn University, Auburn, AL
- Coker College, Hartsville, SC
- Art and Culture Center, Hollywood, FL
- Ruth Cansfield Dance Co, Winnipeg, Canada

DESIGN

- UC Davis 'The Bluest Eye', costume design, directors Janni Younge (Paperhand Puppet) and Margaret Kemp (UC Davis), (Kennedy Center American College Theatre Festival Award, Best Costume Design '18)
- UNC Wilmington, 'Midsummer Night's Dream', director Andrew Belzer, Co-directing/choreography/co-costume design, '13
- Auburn University, AL, choreography, music, costume design, Matrix', 'Betrayal', '12
- Alban Elved Dance Company '94-current annually, lighting design, costume design, set design, sound design, choreography, graphic design, web-site design

AWARDS

- Best Costume Design, 'The Bluest Eye', Kennedy Center American College Theatre Festival Award, '18
- Award for excellence in Scene Design, (VDI Verein Deutscher Ingenieure/Association of German Engineers, award for excellence) Berlin, Germany, '14
- 1st place competition, Berliner Dom/Cathedral, Scenography/Set Design Competition for annual Christmas crib/nativity scene, 1st Place, Berlin, Germany, '12
- Choreography Fellowship, NC Arts Council, '06

PUBLICATIONS

- Illustrations and drawings for the book 'Poetry of the Soul' by Konstantin L. Luettringhaus, pc united publishers, '12
- Essay to be contributed to the book 'The Aesthetics of Dance' by Louis Kavouras, Dean of Dance, University of Nevada, Las Vegas, NV, '10
- Essay in the book "Aerial Dance" by Nancy Smith and Jane Bernasconi, featured (with photo, essay and video) as one of the 12 leading aerial dance companies in the US. '08

- ACM Computers in Entertainment in April 2006, article "Entertaining with Science, Educating with Dance" co-authored with Dr. Jennifer Burg, former head of the computer science department at Wake Forest University, Winston-Salem, NC. '06

SOUND DESIGN/COMPOSITION (electronics, voice)

<ul style="list-style-type: none"> • 'adam-mah', '15 • 'Midsummer Night's Dream – Dissected', '14 • 'The Problem with Myth', '14 • 'Spaniel', '14 • 'True Love', '14 • 'Seelenschmiede', '13 • 'Matrix', '13 • 'Stillicidium', '13 • 'Lightfalls', in collaboration with Christina Godelmann, Ackerstrasse, Berlin, Germany '13 • 'nimium', UNLV premiere, '12 	<ul style="list-style-type: none"> • 'Puppets Red II – Potsdam', Germany, electronics, voice, '11 • 'Terra Nullius' (performance and film), • 'Persians', electronics, voice, '10 • Score for 'My Red Chair', electronics, voice, '0 • 'Hey', '08 • 'Hydra', 'Hydra Tempted' & 'Hydra – the film', '08 • 'Last Night', '08 • 'Darkness' installation, '08 • 'Spontaneous Combustion of Nothing', electronics, voice, '08
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DANCER

- Dancer for Robert Wilson, Weimar, Germany, "TSE – Come In Under The Shadow Of This Red Rock", '96
- Dancer and choreographer for Benoit Maubrey's Audio Ballerinas, Berlin, Germany, '95-'98
- Choreographer/dancer/founder of still-a-live dance company, Berlin, Germany, '95
- Various free-lance engagements as dancer/choreographer '95-'97
- Dancer/actress for The Wheel Theatre/Felix Ivanov, NC, USA, '91-'93
- Dancer for film and TV, fashion-shows '91-'98

EXHIBITIONS (VISUAL ART, INSTALLATION, EXHIBITIONS OF SCENIC AND LIGHTING DESIGN)

- 'my white charcoal skin' charcoal drawing, SARUS Festival 2015, '15
- Berliner Dom/Berlin Cathedral, 1. Prize, Design and Staging of Nativity Scene 'Jesus, Licht der Welt', '12
- Exhibition of the 3-D model of the crib & drawings, 'Jesus, Licht der Welt', Berliner Dom/Berlin Cathedral, '12
- 'Matrix', (choreographer and costume designer, sound designer), collaborative work with Lighting and Scenic Designer Fereshteh Rostampour, Edinburgh Fringe Festival and Edinburgh Collegiate Festival. '15
- PQ, Prague Quadrennial, representation as part of the German delegation to the festival, scene design. '15
- 'Hippolyta', sound/video installation, premiere at Bellamy Mansion, Wilmington, NC, '14
- Visual artist (live) for Courtney Owen-Muir (Canada), at SARUS Festival, premiere, '14
- Cameron Art Museum, State of the Art, group show "Nur meine Welt", drawing, '14
- Video and stills from performances of 'Matrix' at the World Stage Design Festival, Cardiff, Wales, UK. Certificate Award for interactive design in collaboration with Fereshteh Rostampour. Choreography, costume design, '13
- 'Light Territories' Group Exhibition at Berlin Weekly Gallery, Berlin, Germany 'Infinite Inversion', '13

- Paintings, drawings and fiber art at the Fluxus Museum, shop, Potsdam, Germany, '07-2017
- MoBe, Berlin, Germany, exhibition of paintings, drawings with performance. '13
- Salem College, Remembering the Holocaust, art exhibition, large works in group show, Salem College Campus, '09
- Cameron Art Museum, Wilmington, NC, Installation, 'Darkness' Holocaust Remembrance, Wilmington, NC, '08
- Street Art, Downtown Wilmington, NC, art happening as part of the SARUS Festival, '08
- Street Art, Downtown Wilmington, NC, art happening as part of the SARUS Festival, '07
- Solo shows, paintings and drawings, various smaller galleries around Winston-Salem, NC, '97
- Gallery Artemis, Berlin, Germany, solo show, paintings, '94

GRAPHIC DESIGN

- Graphic Designer for Alban Elved Dance Company, print material, website, '91-current
- graphic designer for SARUS Festival, print material, web site, '07-current
- freelance graphic designer, '98-'15

CARPENTRY and REMODELING

- prop building/home remodeling/carpentry etc, part-time, '03-'16
- Ken's Trim, carpentry trim crew, spec houses, Winston-Salem, NC, '03-'04
- carpenter for Freelance Staging, Thomasville, NC, '04-'05

FURTHER EMPLOYMENT

- Part-time faculty/guest teacher in Kinesiology/movement science at College of Wilmington, '15
- Self employed, massage therapist & movement educator, '91-current
- Part time massage therapist, Massage Envy, Wilmington, NC '09, '10
- Part time carpenter, remodeling Atlantic Disaster Services, Wilmington, NC, '14-'17
- Part-time freelance carpenter, set builder, owner of 'Das Haus Carpentry' '01-'17

EDUCATION

- PhD Student at UC Davis, Performance Studies (current), Designated Emphasis in PAR (Practice as Research) and STS (Science and Technology Studies), research in Body-Linguistics, The Body's Intrinsic Intelligence, and Dance Pedagogy
- Scene Design and Scenography, MA (terminal degree), Technische Universitaet Berlin, '13
- Choreography/Dance (BFA) University of NC School of the Arts, '98
- LMBT NC#8931 ('09), LMT CA#76349, '18
- NCBTMB approved continuing education provider #1006, '17
- Axis Syllabus International Research Community (Biomechanics/Kinesiology/Pedagogy, certification) '13-current
- Continuing Education Provider, Dynamic Bodywork (BII – The Body's Intrinsic Intelligence, merging movement and manual therapies), '15-'16
- Asheville School of Massage & Yoga, Asheville, NC. Licensed Massage & Bodywork Therapist, NC# 8931, '08-'09
- University of North Carolina School of the Arts, Winston-Salem, NC, B.F.A. Modern Dance/Choreography, '99
- Ellys's Dance School (Danceworks Berlin e.V.), Berlin/Germany, Diploma Modern Dance & Choreography, '91

- Apprenticeships in Carpentry and Set-building, Theater des Westens '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

- Exercise Physiology, university course at UC Davis, EXB 110, '18
- Axis Syllabus, teacher training and workshops, Canada (2 weeks), '16
- Axis Syllabus, Nomadic College, Italy (4 weeks), '16
- Tom Myers & Axis Syllabus co workshop, 10 CEU's, '16
- Axis Syllabus teacher training and workshop, Berlin, Germany (2 weeks), '16
- Axis Syllabus, Nomadic College (8 weeks), '15
- Watsu 1 (w. James Orsi), aquatic bodywork, '14
- Axis Syllabus, Nomadic College, 1 month, '14
- Posture analysis and fascia in movement, webinars with Tom Myers, rolfing/structural integration, online, '14
- Muscles of the Pelvis, Anatomy Trains Tom Myers, rolfing/structural integration, hands on, '14
- Shiatsu Bodywork, '12
- Axis Syllabus, anatomy and bio-mechanics, kinesiology, pedagogy, with Frey Faust, Berlin, Germany/USA, '10-current
- 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

LANGUAGES

- German (mother tongue)
- English (fluent)
- French (basic)