

# KAROLA LÜTTRINGHAUS, Ph.D.

Choreography, Scenic & Costume & Sound Design, Movement Arts & Process Research  
Axis Syllabus®, Theatre Design & Production, Education



## Resumé/CV

[www.karolaluettringhaus.com](http://www.karolaluettringhaus.com)  
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**Ph.D. Performance Studies**  
University California Davis, '24

**BFA Choreography & Modern Dance**  
University of NC School of the Arts, '98

**MA Scenic, Exhibition & Costume Design**  
Technische Universität Berlin, '13  
(award for outstanding achievement)

**Axis Syllabus® Teacher**

**LANGUAGES**  
German, English, French (learning Spanish)

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## CURRENT PROFESSIONAL ENGAGEMENTS

### **ALBAN ELVED DANCE COMPANY/Karola Lüttringhaus** (<sup>'97</sup> - current)

- Artistic & Executive Director (Founder, Non-profit leadership, grant writer) (<sup>'97</sup>-current)
- Choreographer 100+ original performance works in dance-theatre, aerial dance
- Scenic and Costume Designer (100+ original scenic and costume designs)
- Educator (teaching master classes in dance nationally and internationally, regular open classes in movement research, choreography, creativity, healing arts, organizing and leading community dance events such as contact improv jams and a folk dance group, and collaborating with local organizations)
- Founder, Co-Director, and curator of the SARUS Festival for Site-specific & Experimental Art (9 yrs since '07, next is in 2027)

### **CAPE FEAR COMMUNITY COLLEGE (<sup>'25</sup>-current)** in the Commercial, Fine & Performing Arts Department

- Theatre Technician: Technical Director and Master Carpenter, Lighting Designer, for departmental theatre productions, supporting student learning, and ensuring safe work practices

## **CAPE FEAR COMMUNITY COLLEGE**

### **in the Wilson Center ('15-'25)**

- Local crew, scenic painter, builder, carpentry, rigging, show crew ('15-'25)

### **2026 ENGAGEMENTS**

- Teaching Choreography workshop at BAASE Bay Area Axis Syllabus Exchange, Berkeley, CA, June 22-28
- Presentation of paper at the Prague Quadrennial Symposium "To the Heart of the Matter: Sarus Festival: Curating Attunement", April 13-15, 2026, Prague Czech Republic
- Master Class "BII The Body's Intrinsic Intelligence: the Sacro-Iliac Joint" at Ponderosa Dance e.V, Stolzenhagen, Germany. April 2026
- Scenic Design and construction for the Scotopia New Play Festival's "One Acts" in Wilmington, NC
- Lighting Design and Technical Director for Cape Fear Community College's semester production of "The Bacchae", directed by Cat Thomas, Wilmington, NC, April 16-25, 2026
- Scotopia Festival, Premiere: Performing artist, designer, and choreographer with my new work "What's A Woman, Beth?" March 14-18, 2026. Wilmington, NC
- Dance Ambassadors Greensboro/Raleigh, NC: Workshop in "BII The Body's Intrinsic Intelligence: the Sacro-Iliac Joint". March 28, 2026
- North Carolina Dance Educators Organization Conference: Master class in BII The Body's Intrinsic Intelligence: the Sacro-Iliac joint", March 21, 2026
- Theatre technician, master carpenter for Jennifer O'Kelly and Muse Scenic Studio and The Dance Collective (Eastern North Carolina Dance Foundation) production of "Wizard of Oz", February 10-13, 2026
- Open dance classes and contact improv jams in Wilmington, NC, weekly
- Administrator for Nomadic College at Earthdance, October 2026
- Administor/non-profit leadership for SARUS Festival Fundraiser, September 19, 2026.

### **2025 ENGAGEMENTS**

- SARUS Festival August 1-10, co-director/curator/grant writer
- Teaching Choreography at Axis Syllabus© Nomadic College, Earthdance, September/October
- Set construction, Technical Director at Cape Fear Community College Department of Fine, Commercial and Performing Arts, "Let the Right One In", premiere October
- Teaching "BII The Body's Intrinsic Intelligence: the Sacro-Iliac Joint" in June, at BAASE, Bay Area Axis Syllabus Exchange
- Theatre technician, master carpenter for Jennifer O'Kelly and Muse Scenic Studio and The Dance Collective (Eastern North Carolina Dance Foundation) production of "Wizard of Oz", February, 2025
- regular classes
- Choreography, costume-, stage-, and lighting design for "Alula" (5 dancers, 1 musician) for Wilmington Dance Festival, April
- Choreography, costume design for "Alula & Keel" for SARUS Festival (10 dancers, 1 musician), August
- Axis Syllabus workshop at Ponderosa Dance e.V. February

### **PRIVATE CLIENTS in MOVEMENT RESEARCH**

- Private sessions and weekend intensives on BII movement technique, Axis Syllabus©, alignment principles, and healing arts creativity/choreography/Authentic Movement/somatics

# ACADEMIC TEACHING EXPERIENCE

## ASSISTANT INSTRUCTOR IN DANCE

at the University of California Davis ('17-'23)

- DRA 43A Contact Improv
- DRA 40A Intro Mod. Dance (BII & Axis Syllabus©)
- DRA 40B Adv. Mod. Dance (BII & Axis Syllabus©)
- DRA180 Technical Theatre (scenic-, costume-, lighting design, stage management, rigging)
- Lead TA in Design DES101
- Teaching Assistant and Reader at University of California Davis in: Technical Theatre, Design, Fashion Design, Costume Design, Techno-Cultural Studies, Film & Media Studies

## ADJUNCT FACULTY at Salem College ('14-'17)

- Teaching DAN220, Axis Syllabus©, experiential kinesiology, dance
- Movement Research (MoRe): supporting the founding of the MoRe major, organizing the MoRe summer school and Festival
- Choreography and performing '08-'17

## GUEST ARTIST AND EDUCATOR at UNIVERSITIES ('08-current)

- See details under SCOPE OF PROFESSIONAL PRACTICE AND ENGAGEMENTS
- national and international one-time and multi-year residencies including performances, setting/choreographing works on students and teaching "dance technique", "considerations in performing arts professions", "choreography", "scenic design", and more

# CURRENT RESEARCH INTERESTS

## AREAS OF RESEARCH IN DANCE TECHNIQUE:

- Axis Syllabus©, BII – The Body's Intrinsic Intelligence, BII Topics:
  - Sacro-iliac joint: the leg as 4-part pendulum
  - "Effortlessness: sensing and maintaining alignment",
  - "Hold My Head: negotiating tone and articulation at the atlanto-occipital movement center"
  - modern and contemporary dance techniques, contact improvisation, aerial dance

## AREAS OF RESEARCH IN SOMATICS:

- Integrated somatics including: Hannah Somatics, Ideokinesis, Feldenkrais, and others
- Manual therapy, and integrated modalities including Trager, Myofascial release, PNF, etc
- My approach: "Dynamic Bodywork", combining manual therapy with gentle movement
- Axis Syllabus©, certified teacher
- Authentic Movement, movement meditation, movement therapy

## AREAS OF RESEARCH IN CHOREOGRAPHY:

- My methodology: "Tracing Gesture: Choreographing Meaning", focusing on the gestural roots of dance and the connections between movement and meaning, overlap with somatic research
- Improvisational practices: Contact Improvisation and Authentic Movement for performance

- My "Articulation Theory" poses a comprehensive theory around articulation, proposing a biological interdependence of moving and thinking, bridging choreography, somatics, and psychology

#### **AREAS OF RESEARCH IN SCENIC, LIGHTING, AND COSTUME DESIGN:**

- "Dancing the Virtual Real": exploring interactions with projected performers, Philosophy of reality, virtual and remote audience experiences in juxtaposition with real-life encounters
- "Psychological/Agentive Space", space/lighting/costume/scenery as actors with meaning and agency

## **SCOPE OF PROFESSIONAL PRACTICE AND ENGAGEMENTS**

#### **PERFORMANCE-MAKING & CHOREOGRAPHY, SOUND** ('94-current)

- I have choreographed 100+ original dance and dance theater pieces. I create dance theatre, aerial dance, interdisciplinary works, science & art collaborations, improvisational and experimental works, installations, and films. Formats include solos, duos, and group works for my own company and for other companies, school dance programs, and individuals. I direct and I work collaboratively across fields. I trace my lineage through German Dance Theatre (Deutsches Tanztheater). <https://www.karolaluettringhaus.com/works.html>

#### **SCENIC-, COSTUME-, & LIGHTING DESIGN**

- I create scenic-, lighting- and costume designs for Alban Elved Dance Co. and others including Landesbühnen Sachsen, HZT Hochschulzentrum Tanz Bewegungsschreiber, Ponderosa Dance e.V., Moving Poets Theater of Dance Charlotte & Berlin, Scotopia New Play Festival in Wilmington, NC, the Commercial, Fine & Performing Arts Department at Cape Fear Community College, University of California Davis Department of Theater and Dance, a.o.

#### **ARTIST/SCHOLAR RESIDENCIES** (multi year)

I have enjoyed many multi-year residencies including with

- Auburn University, Bay Area Axis Syllabus© Exchange (BAASE), Cape Fear Community College, Duke University, UN Las Vegas, University of Louisiana Natchitoches, Meredith College, Millennium Center NC, Axis Syllabus© Nomadic College @ Earthdance, Technische Universität Berlin, Southeastern Center for Contemporary Art in Winston-Salem, NC, Wake Forest University (home base for several years), Salem College (home base for several years), University of NC Wilmington, University of Wyoming Laramie, a.o.

- **International:** Ponderosa Dance E.V Stolzenhagen, Germany; Ballhaus Naunynstrasse, Berlin, Germany, a.o.

### **ARTIST/SCHOLAR RESIDENCIES** (single year)

One time residencies include

- University of Alaska Anchorage, Davidson College, East Carolina University, University of NC Chapel Hill, Coker College, University of Louisiana Natchitoches, Miami Dade Community College, University of Southern Mississippi Hattiesburg, St. Mary's College, a.o.
- **International:** Dock 11: Bewegungsschreiber with Hochschulzentrum Tanz, Germany; Brotfabrik Berlin, Germany; Landesbühnen Sachsen Germany, Nomadic College Brazil, a.o.

### **CROSS-DEPARTMENTAL SCIENCE & ART COLLABORATIONS** (multi year)

- Fitzpatrick Center for Photonics at Duke University (2 productions)
- Wake Forest University Department of Computer Science (3 productions)
- MOJOTONE (2 productions)
- Salem College (4 productions and several residencies, summer schools and movement research festival)

### **TEACHING DANCE**

I regularly teach dance master classes. Organizations include

- North Carolina Dance Educators Organization Conference, BAASE Bay Area Axis Syllabus Exchange, Axis Syllabus Nomadic College at Earthdance, Dance Ambassadors North Carolina, Prague Quadrennial (choreography and scenic designer), International Aerial Dance Festival Denver CO, Snowy Ridge Dance Festival, Sarus Festival, American Dance Festival, North Carolina Dance Festival. Topics offered are in line with my research interest or as requested.

### **PERFORMING DANCE**

I dance in many of my works, which have been performed at venues and organizations including:

- FLOW ILM Wilmington, NC ('23 and '26), Alban Elved Dance Company ('97-), Axis Syllabus Nomadic College at Earthdance, MA (2 yrs), Axis Syllabus Nomadic College in Brazil, Prague Quadrennial 2011 Puppets Red as choreographer and costume designer (Catalogue p.297), International Aerial Dance Festival Denver CO (3 yrs), Snowy Ridge Dance Festival (2 yrs), Sarus Festival (9 yrs), American Dance Festival (3 yrs), Wilmington Dance Festival (2 yrs), North Carolina Dance Festival (7 yrs), DUMBO Dance Festival/3 yrs), Schiffbauergasse Potsdam Germany Lange Nacht, Piccolo Spoleto Festival Charleston, SC (3 yrs), and many others

### **SCENIC & COSTUME & LIGHTING DESIGN**

I have created scenic, costume and lighting designs for

- Prague Quadrennial 2011 "Puppets Red" costume designer and choreographer, Prague Qadrennial 2015 Country exhibitor Germany, Costumes for "The Bluest Eye" directed by Margaret Kemp, Janni Younge (Paperhand Puppet), '18, it received a Kennedy Center

American College Theatre Festival Award for best costume design VDI Verein Deutscher Ingenieure/Association of German Engineers: Award for Excellence in Scene Design and graduating at the top of the class, Berlin, Germany, '14, Berliner Dom/Berlin Cathedral: 1st Place, Berliner Dom, nativity scene design competition, '12, Prague Quadrennial: Certificate Award for costumes and choreography (with scenic designer Fereshteh Rostampour), '13

### **THEATRE TECHNICIAN/TECHNICAL DIRECTOR**

- Technical director and master carpenter for Cape Fear Community College Department of Commercial, Fine, and Performing Arts ('25-current)
- Local crew, scenic builder, rigger, and scenic painter for Wilson Center ('15-current)
- Local crew, rigger for Stevens Center, Winston-Salem, NC ('00-'04), Mondavi Center, Davis, CA ('17-'19)
- Scenic Builder and Theater Technician for Jennifer O'Kelly Muse Scenic Studio, Winston-Salem, NC
- Theater tech and carpenter for Eastern North Carolina Dance Foundation, a.o. ('07-)
- Carpenter for Freelance Staging, building newsrooms, Thomasville, NC ('98-'04)
- Builder and Technician for Alban Elved Dance Company ('97-) including rigging for aerial dance in theatres and off outdoor structures, designing and building scaffolding equipment for aerial dance
- Theatre tech and carpentry internship at Theater des Westens Berlin, 1994-'96

### **SOUND DESIGN**

- <https://www.karolaluettringhaus.com/sound.html> I use voice, percussion, and various instruments in connection with digital sound editing platforms to create my sound scores. Usually they are created for dance or theatre performances and installations. They have been performed at Dumbo Dance Festival NYC, NC Dance Festival, SARUS Festival, Landesbühnen Sachsen, TU Berlin, Dock 11 Berlin, Nomadic College, Wake Forest University, Salem College, UN Las Vegas, NC Museum of Art in Raleigh, UNCW, Kenan Auditorium Wilmington, NC, Cameron Art Museum and many other places nationally and internationally.

### **AWARDS & GRANTS & OTHER**

- Summer Research Fellowship, UC Davis, '23
- Bilinski Dissertation Year Fellowship, UC Davis, '23-'24
- Kennedy Center American College Theatre Festival Award for best costume design, 'The Bluest Eye', directed 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 the class, Berlin, Germany, '14
- Berliner Dom/Berlin Cathedral: 1st Place, Berliner Dom, nativity scene design competition, '12
- Prague Quadrennial: Certificate Award (with scenic designer Fereshteh Rostampour), '13, North Carolina Arts Council Choreography Fellowship, '06
- Artist and project grants in North Carolina, ~\$360,000

- In-kind support in North Carolina, ~ \$2,000,000

## ART & DESIGN EXHIBITIONS (selection)

- Berliner Dom/Berlin Cathedral, 1. Place & exhibition, Germany ('12), PQ Prague Quadrennial ('15); Edinburgh (UK) Fringe Festival, Edinburgh Collegiate Festival, World Stage Design Festival (Cardiff, UK) with Fereshteh Rostampour, DeLurk Gallery in Winston-Salem, NC, Salem College Gallery, Bellamy Mansion Wilmington, NC; Sarus Festival, design ('15) ('13); Berlin Weekly Gallery ('13); Fluxus Museum, shop, Drawings and paintings, Potsdam, Germany ('07-'16); MoBe, w. performance, Berlin, Germany ('13), SARUS Festival (performance drawing '07-'25), Salem College (visual art, '09), Cameron Art Museum (installation & performance '08), Bellamy Mansion (installation '15)

## PUBLICATIONS

- Featured as one of 12 leading dance companies in the book "*Aerial Dance*" by Nancy E. Smith and Jayne C. Bernasconi, <https://www.amazon.com/Aerial-Dance-Jayne-C-Bernasconi/dp/0736073965>
- Cover and feature article in Dance Spirit Magazine 2008 <https://dancespirit.com/alban-elved-dance-company/#gsc.tab=0>
- "*Entertaining with Science, Educating with Dance*" article in Computers in Entertainment, co-authored with Jennifer Burg, Ph.D., first dance performance to use a super computer for live computations during a performance <https://dl.acm.org/doi/10.1145/1129006.1129018>
- "*All The Body's Intrinsic Intelligence: Tracing Gesture: Choreographing Meaning*" book forthcoming 2027
- Graphic designs and editing for a book of poetry "*Poetry of the Soul*" by Konstantin Lazhar Lüttringhaus <https://www.amazon.co.uk/Poetry-soul-Konstantin-Lazhar-L%C3%BCttringhaus/dp/8490155844>