

BILDUNGS- PROGRAMME FÜR KÜNSTLERISCHE BEWEGUNG



SENECA INTENSIV

Seneca Intensiv is a non-profit educational institution for artistic movement. We offer an open, respectful learning environment where physical awareness, creative practice, and professional development are at the heart of the moving performing arts. Our programs provide in-depth training for aspiring artists and professionals.



CURRICULUM & TRAINING

Training & Content

Daily training across a wide range of contemporary circus disciplines, combining physical practice, artistic development, and theoretical knowledge.

Core Disciplines

Aerial acrobatics (trapeze, hoop/ring, silks, rope), floor acrobatics, handstands, and physical preparation (dance, strength, flexibility, conditioning).

Additional Disciplines

Juggling, hula hoop, partner and group acrobatics, Chinese pole, Cyr wheel, contortion, contemporary dance, classical dance, urban dance, and physical theater/presence training.

Supplementary Seminars

Rigging and safety, anatomy, nutrition, music and sound, creative methods, and history.

In addition, participants have access to a series of Production & Management seminars, offered free of charge through dedicated funding.

Educational Year Contemporary Circus

August to June

10-month full-time program // 4000€

Monday - Thursday/Friday // 8:30 - 15:00



PROGRAM STRUCTURE

1

September–October

Arrival and orientation, group building, and a gradual introduction to training. First theory seminars and workshops.

2

October–December

Focus on building strength, endurance, and technique. Initial ideas for the final performance (KONDENSAT) and preparation for potential entrance exams. First informal showings.

3

January–April

Intensive training and creation phase. Development of individual and group material, workshops, and early-stage work on KONDENSAT.

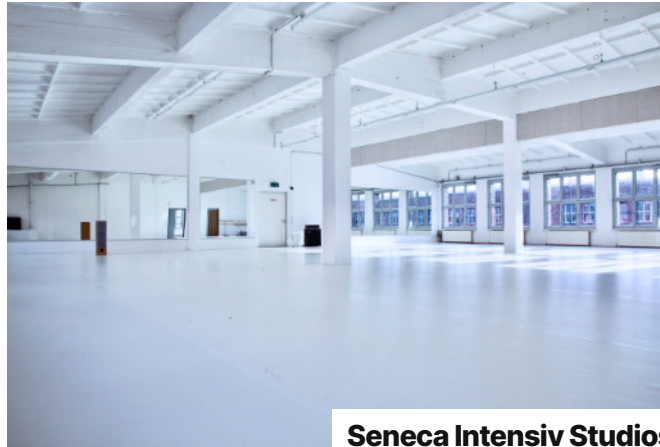
4

May–July

Final creation and rehearsal phase leading to the graduation performance (KONDENSAT). Includes independent work, group processes, and performance preparation.



TRAINING LOCATIONS



Seneca Intensiv Studios



Cabuwazi Akrobatikhalle



Akrobatikhalle Lausitzer Platz



seneca_intensiv



seneca.intensiv.bildungsprogramme



www.seneca-intensiv.de