

100% SABAR

From 23 October to 5 November 2023

ECOLE DES SABLES

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Concept

This workshop offers participants a journey of discovery of Sabar dance in its cultural globality. An opportunity for participants to experience the practices, rhythms and history of this dance.

In order to fuel the development and creativity of the Sabar, participants will also have the opportunity to practice the Germaine Acogny technique which is the foundation of the Ecole des Sables and also to practice the percussion of the Sabar.



Photo credit: Da Silvio P. Bizenga

The Project Owners

ASSOCIATION JANT-BI - ÉCOLE DES SABLES / TOUBAB DIALAW, SÉNÉGAL

Founded by Germaine Acogny & Helmut Vogt in 1998, Jant-Bi / l'Ecole des Sables, an international centre for Traditional and Contemporary African Dance, aims at the professional training of African dancers and the development and promotion of a contemporary African dance.



Photo credit: Da Silvio P. Bizenga

The Ecole des Sables is a school of theoretical and practical education, a research laboratory, a place for meetings and exchanges, conferences and artistic residencies. The Jant-Bi association also has its own company of the same name which presents its choreographic creations all over the world.

Place



Photo credit: Da Silvio P. Bizenga

The École des Sables is located near Toubab Dialaw, a fishing village 53 kilometres south of Dakar, at the foot of a lagoon between ocean and savannah. The centre has two dance halls (400 m² and 280 m²), 24 bungalows for trainees' accommodation, a restaurant, a conference room and an infirmary.



For whom?

This workshop will be offered to 45 participants.

This course is open to dancers and movement practitioners from all over the world and of all levels (except complete beginners).

6 places will be open to musicians wishing to develop their skills in Sabar drumming and their musicality.



100% Sabar Workshop 2023 | Photo credit: Da Silvio P. Bizenga

When?

From 23 October to 5 November 2022

How much?

COST OF THE COURSE

Dancers: 1,225 Euros / 803,547 CFA

Musicians: 825 Euros / 541,164 CFA

*Travel, insurance and Covid tests are at the charge of the trainee

PAYMENT PLAN

200€ to reserve your place, no later than 10 days after being accepted.

525€ before 1 September 2023. (325€ Musicians)

500€ before 4 October 2023. (300€ Musicians)

Or

Full payment by 4 October 2023.

The transaction charges are the responsibility of the participant.

In case of cancellation :

Non-refundable 200€ deposit.

After 4 October until 15 October 2023, 525€ (325€ Musicians) of the total amount will be withheld.

From 16 October the full amount will be withheld.

Teachers

Yama Reine de Sabar

Sabar Dances



Yama was born in Dakar and learned to dance Sabar (traditional Senegalese dance) from a very young age, in the streets of the Medina and the "Gueule tapée", neighbourhoods of Dakar. After a career as a professional dancer criss-crossing Europe, she decided to settle in Paris 15 years ago to teach Sabar in its purest, most traditional form, with her musicians.

Traditionally, the Sabar is danced solo. The dancer comes to communicate with the musicians, more particularly with the one who plays the "nder" and who comes to mark her steps. However, her listening must be centred on the "tchôl", which gives the time. This communication is coded and the dance requires that one becomes familiar with its codes.

Yama's approach is not to link choreographies together but to initiate work that allows one to express oneself in solo, to transmit the words of the sabar in order to be able to construct one's own phrases, to awaken the freedom to dance. This is achieved through confidence building, self-presence and awareness of one's breathing.

Alesandra Seutin

Germaine Acogny Technique + creative tools



Co-Artistic Director of Ecole des Sables

Alesandra Seutin is an award-winning multidisciplinary artist and creative who focuses on the exploration of movement as the basis for her multidisciplinary and site-specific theatre performances.

Alesandra Seutin's productions have toured the UK, Europe, Africa and beyond.

A dancer full of grace and power, and an inspiring teacher, Alesandra Seutin embraces the idea that individuals have the power to live in movement and to express themselves boldly. She will guide you to be grounded, and to focus on dancing from the inside out; on posture, fluidity of the spine and musicality. Alesandra's classes are transportive, dynamic and will encourage dancers to use all senses, emotions and expressions.

Germaine Acogny is a modern African dance technique. It is created by Acogny, 'the mother of contemporary African dance'. This technique is one of the only codified and acknowledged contemporary dance technique created in Africa. It is based on traditional African dances (especially from Senegal and Benin) and elements of Western dance techniques.

In 2011, Alesandra Seutin was selected by Germaine Acogny to be part of the transmission of her technique. She has been teaching the technique at Ecole des Sables and across the world since 2015.

"The body. Grounding. Pulse. Expression. Timing. Vibe. Inner Power. Sensation. Structure. Flow. Connection.

The freedom of the body through discipline. That is Germaine Acogny Technique."

Alesandra Seutin has been co-artistic director with Wesley Ruzibiza at the École des Sables since December 2020 in order to prepare and implement a new vision for the future. Together, they jointly lead the development of the internationally renowned training programme and the productions of Jant-Bi II & Compagnie Jant-Bi | Germaine Acogny, composed of professional dancers.

Badou Diop

Sabar percussion

Other teachers will be announced shortly.

Proposed Curriculum

Germaine Acogny Technique

Sabar Dance

Sabar dance, its history and practice

Creative research lab

Sabar percussion classes

Sharing knowledge and cultural excursions

Application

No later than **25 September 2023** by filling in this **application form** and attaching the following documents:

- a CV or biography,
- a covering letter or video, including an explanation of why Ecole des Sables, Sabar and what you think you bring to the workshop,
- a recent portrait photo and,
- a short one-minute solo video (via your smartphone, YouTube link, Vimeo or Instagram).

To Know

VISA

An entry visa is required for certain countries to come to Senegal (except for ECOWAS nationals). Please contact the Senegalese consulate in your country or visit the website www.visasenegal.sn.

We will provide you with a letter of invitation and accommodation to help you with the process.

HEALTH INSURANCE

A health insurance that covers you while travelling is mandatory.

Please make sure that you are covered for Senegal or make the necessary arrangements to be insured.

Contact Information

ECOLE DES SABLES

More information and registration

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Artistic directors

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