



SARA ALBA - contemporary dancer

MINI BIOGRAPHY

SARA ALBA is a contemporary dancer, performer and videomaker. She lives and works in Bogotá, Colombia where she is involved in two dance companies, and teaches Contemporary Dance at universities and institutions.



EDUCATION

Sara Alba studied dance in **Colombia, Spain, Germany and The Netherlands**. She received her grade in contemporary dance in 2005 from the Dutch university **Artez**. During her educational career she had good access to Classical Ballet, Modern Dance (Graham and Cunningham Technique), Contemporary Dance, Modern Jazz, Partnering, Improvisation, Composition and Theatre.

BIOGRAPHY

FIRST STEPS

In 1986 (7 years old) Sara Alba joined her first classical ballet class at 'CaliDanza', a dance school in her hometown Cali. Years later she met the inspiring dancer/choreographer **Humberto Canessa**; a man from Costa Rica who would continue to have a great influence on her. Soon



she became involved with Canessa's **LINCE Foundation**, a group which is described as an *'interdisciplinary laboratory of the body and the scene'*. After this experience she



had the chance to enjoy lessons in Bogota's Contemporary School of Dance: **EcoDanza**. Here she met new passionate teachers for Ballet, Contemporary Dance, Modern Dance and Jazz. In 2000 she came to perform in a company called **BeC** (Contemporary Experimental Ballet) directed by **Eugenio Cueto** and shortly after this she felt she was ready to go to for her studies abroad.

DANCING IN EUROPE

In Europe Sara first went to the Folkwang Hochschule in Essen, Germany. This is the educational institute where also the 'master of theatre dance' Pina Bausch used to study. Sara attended dance classes for some months with different teachers and dancers of the Tanztheater Wuppertal. After this experience she started her fulltime course at ArtEZ in Arnhem, The Netherlands. This created the opportunity to learn the technique and dancing of several renowned teachers and choreographers like Phyllis Gutelius, Ben Craft, Kristin de Groot, Jens van Daele, Tony Vezich, Roberto Galvean de la Iglesia, Joao Da Silva, Kurt Koegel, Mary O'donnell and Roberto OLIVÁN, among others. She also learned theory subjects such as music, history of dance and anatomy.

In the 4th year of her studies she did a internship (stage) with the Company Provisional Danza in Madrid in Spain. She had the opportunity to train and participated in several workshops and improvisations just like one of the members of the Company.



BACK IN COLOMBIA

When Sara Alba returned to Colombia in 2005, new dance projects appeared. She came to work with choreographers such as **Carlos Latorre, Edgar Laiseca, Fernando Ovalle, Edwin Vargas and Martha Hincapié**. As a result she joined the Colombian dance company **Korpe Dance** (directed by Vargas) and the Colombian-German company called **Periferic** (directed by Hincapié).



TEACHING DANCE

From 2000 Sara is teaching contemporary dance in various institutions. Sara could develop her pedagogic skills at the renowned **ASAB, Universidad Distrital Francisco José de Caldas** (Facultad de Artes) and the wonderful **Politécnico Gran Colombiano** a university. Here she created and still directs

the representative group "Cuerpos de Agua".

From 2007 on the contemporary group "Cuerpos de Agua" is participating in the **Festival Universitario de Danza Contemporánea** organized by the Universities Tadeo Lozano and Nacional de Colombia each year.



Sara was born on Cali, a Colombian city which people refer to as the 'capital of salsa'. As a kid Sara learned to dance and move, jumping her feet during family celebrations and cultural events. It made her connected to the body, music and movement at an early stage. Only 7 years old she found that she had a huge personal interest in dancing, and her passion was preserved ever since.

