



José Maria Alves

Pilates Instructor

Contemporary Dance Teacher

Chorégraphie

Danseur étoile



**5 Prizes and distinctions
as dancer**

**French - English - Portugais
Espagnol - Allemand**

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The Place

2A Place Jeanne D'arc

13100 - Aix-en-Provence

France



JOSE MARIA ALVES

EXPERIENCE

THE PILATES PLACE

Co-founder & Instructeur
Septembre 2018 - Today
Aix-en-Provence, France

CENTRE PURE PILATES

Co-founder & Instructeur
January 2008
Aix-en-Provence, France

LIGHTING-UP

Founder & President
February 2017 - Today
Aix-en-Provence, France

DV8 PHYSICAL THEATRE

Dancer
2006 - 2008
London, Royaume-Uni

BALLET PRELJOCAJ

Dancer & Teacher
1994 - 2013
Aix-en-Provence, France

BALLET BRAUNSCHWEIG

Dancer
1993 - 1994
Braunschweig, Allemagne

POS DATA DANCE COMPANY

Director
1998 - 2005
Aix-en-Provence, France

STADT THEATRE HAGEN

Dancer
1991 - 1992
Hagen, Allemagne

GRAND THÉÂTRE DE GENÈVE

Dancer
1992 - 1993
Genève, Suisse

GRUPO CAMALEAO

Dancer
1985 - 1986
Belo Horizonte, Brésil

SAO PAULO City Ballet

Dancer
1988 - 1991
Sao Paulo, Brésil

FORMATION

STUDIO NUCLEO ARTISTICO

Bhte, Brazil
1985 - 1988

ROMANA'S PILATES

NYC, ÉTATS-UNIS
2007 - 2008

CENTRE NATIONAL DE LA DANSE

Paris, France
2005 - 2006

CONTEMPORARY DANCE CLASS

FRANCE

CCN Ballet Preljocaj
Festival Printemps de la Danse
Festival de Sens
Centre National de la Danse - Paris et Lyon
Compagnie Itinérance
CanalDanse
CCN Roubaix (Caroline Carlson)
La Ménagerie de Verre - Paris
Cie Grenade – Josette Baiz
Ballet National de Marseille

ALLEMAGNE

Stadttheater Hildesheim
Donlon Dance Company Saarbruecken
Tanzcompagnie Giessen

SUISSE

Le Grand Théâtre de Genève

ENGLAND

Northern Contemporary School
DV8 Physical Theatre
The Place

BRAZIL

Festival Santos, Stúdio Núcleo Artístico
Palácio das Artes, Grupo Corpo
Cie Palacio das Artes.

BELGIQUE

Charleroi-Danse

PAY-BAS

NDD Galili Dance

PERU

Espazio Danse and University of Lima

DANCE PIECE CREATION

CIE POS DATA

Tout ira mieux demain	2006
Equinoxe	2002
40° de Solitude	2001
Appartement 4 esc. B	1999/2000
Saudade	1998

TANZCOMPANY GIESSEN

Blanche	2005
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STADTTHEATER HILDESHEIM

Cross Board	2002
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JARDIN SECRET

Laboratory 50th anniversary of the
Opera Festival of Aix-en-Provence
« CCN Ballet Preljocaj »

2005

BRAUNSCHEWIG BALLETT

Beco	1994
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PHYSICAL PREPARATION

FLOOR WORK:

The work is inspired from the Yoga and Pilates's method.

The Body's Awakening and liveliness; Fluidity, breathing, Movement's width.

Approach of various qualities of the movement.

The relation between suspension and lost of balance, Tension and relaxation, spiral and opposition.

The energy's circulation in the movement's physicality the to find his own rhythm theatrical expression and a space circulation.

WORKSHOP

- ★ Introduction to the his choreographic universe, approaching the improvisation and creativity often proposed on his work's;
- ★ Work on the availability, spontaneous emotion from various dynamic coordination and sensitivity. Space construction awareness
- ★ Tonicity, slowed down, rebounded, dynamic, suspension, gravity and space notion.
- ★ Movement 's musical quality and their rhythm and theatricality. The spontaneous emotions, diverse dynamic. Stability and natural movement.