Matteo Moles

Matteo Moles studied at the National Dance Academy of Rome, Italy, and the Houston Ballet Academy of Texas, United States of America.
In 1985 he came to Brussels to join Maurice Béjart's school **'Mudra International'**, run by Jan Nuyts and Flora Cushman.
After joining the **Béjart Ballet Lausanne,** he went on to dance in France with Jean-Christophe Maillot's **Ballet de Tours.**

Back in Belgium, while dancing for the company **Archipel Sud** in Namur, he had the opportunity of working with choreographers such as: **Marco Berriel**, **Philippe Lizon**, **Nacho Duato**, **Ben Iida**, **Jacopo Godani** and **Claudio Bernardo**.
In 1990 he danced for the company of **Michèle-Anne De Mey** in 'Sinfonia Eroica' and 'Chateaux en Espagne'. For the same choreographer he played the role of the princess in **Philippe Sireuil**'s theatre production 'L'Histoire du Soldat' and with the same director he collaborated in 2003 to the staging of the opera 'Œdipe sur la route' at théâtre Royal de La Monnaie, booklet by Henri Bauchau, musical composition by Pierre Bartholomée.

Since 1992 he has mainly worked with four choreographers:

- **José Besprosvany** for 'Retours', 'Hombre Alado' and the film production 'Andres'.
- **Claudio Bernardo** for 'Equus', 'La Cene', 'Vas', 'Usdum' and 'Le Jardin des Graves et Aiguës'.
- **Thierry Smits** (Cie Thor) for the solo 'Diabolo', 'L'Ame au Diable' and 'Soirée Dansante'.
- **Joanne Leighton** (compagnie Velvet) for 'We Can Build You' (WCBY)

During this period, Matteo also worked as assistant choreographer for the re-staging of 'Sinfonia Eroica' (Cie Michèle-Anne De Mey); the creation of 'Surprise' (Cie Thor); 'Dos y Dos', a choreography by José Besprosvany for the soloists of Frankfurt Ballet and Ballet du Grand Théâtre de Genève; the creation of 'Parabach', a choreography by Claudio Bernardo in Paracuru, Brazil.
From 1996 to 2009, he created his own company **CMM/Compagnie Matteo Moles** in order to devote primarily to his own productions, besides his activities as interpreter, teacher and assistant with different European companies.
Matteo also choreographed for Fine5 Dance Company, Vanemuine Teater in Estonia and Koninklijk Ballet van Vlaanderen in Antwerp (winner of Hapag-Lloyd prize in 2006).

Teaching and educational programs

Matteo Moles has a more than 20 years teaching experience, not only as a guest teacher, but also as parallel activity of his own company **CMM/Compagnie Matteo Moles** from 1996 until 2009.
He developed various pedagogical programs for dancers and non-dancers from the age of 10 to young adults and professionals, as well as educational programs at University of Tallin, Estonia, UQAM in Montreal, Canada and institutions in Ouagadougou, Burkina Faso and Dakar, Senegal.
After teaching for a couple of years at the Humanités Chorégraphiques (in Louvain-la-Neuve in Belgium, Matteo is actually head ballet and applied anatomy teacher at AP (Artesis), Royal Conservatory of Antwerp in Belgium.
Parallel to dance activities, Matteo is a Senior Pilates teacher, as well as Gyrotonic® and Gyrokinesis® Certified Pre-Trainer and CoreAlign® trainer, specialized in postural rehabilitation.

Contemporary

Classes are based on different contemporary techniques while using anatomy, yoga, release and Alexander Technique. They begin with a floor warm up awaking weight consciousness, involving breathing, speed and release of energy through a strong center and freedom of the joints. Later on, keeping a standing upright position, class focuses on the centralization of the body, awareness of body weight in opposition to the floor and the use and control of the body as whole, followed by sequences in space focusing on freedom, volume and fluidity in movement.

Ballet

Although keeping a precise musical consciousness, ballet classes are based on freedom of movement with a particular awareness of the body related to space. Class is structured with a body-centering barre work and a technical three-dimensional center work principally focused on the use of the arms and the spine.

Choreographic workshop

After a first part with notions of anatomy for body awareness, students are challenged to create movement first alone, than by couples or in groups through a study of body contact and improvisation, with the purpose to be able to construct and deconstruct choreographic phrases in relation to given objectives in space and music. This workshop in meant to give additional tools to dancers in awareness and control of their body, approach and exchange with others and stimulate personal creativity.

GYROKINESIS® method

The Gyrokinesis method is a movement method that gently works the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique movement practice which has roots in Yoga, Tai Chi, gymnastics, and dance. The Gyrokinesis method is practiced in group or private classes under the instruction of a certified Gyrokinesis Trainer. Gyrokinesis classes are 60-90 minutes long. Each class begins on a chair with a gentle warm up sequence to awaken the senses, and stimulate the nervous system. This is followed by a series of fluid spinal motions which increase range of motion, and prepare the body to explore more complex movements with agility, and ease.
Class continues on the floor with exercises that expand on the spinal motions, gradually adding more complex sequences, incorporating more movements of the hips, shoulders, hands and feet. The floor exercises are followed by a rhythmic standing sequence that incorporates balance, and cardiovascular exercises; then ends with a calming, unwinding sequence designed to prepare the body and mind to reintegrate with the every day world. Gyrokinesis classes can be adapted to fit anyone's ability. The Gyrokinesis method is practiced by people from all walks of life, including accomplished athletes and dancers, college students, baby boomers, senior citizens, and people with disabilities.

PILATES

The Pilates method is based on the teachings and philosophy of the late Joseph H. Pilates (1880-1967). Using both western and eastern philosophies, the system aims to create perfect harmony between body and mind in order to stimulate the neuromuscular system and to promote a healthy physical structure. It is often referred to as "remedial gymnastics" and is frequently prescribed to rehabilitate and prevent injuries. Pilates is a movement system that draws on six principles: Concentration, Centering, Control, Breathing, Precision and Flowing Movement. It combines deep breathing and controlled non-weight bearing, motion. It releases tensions and aligns the spine, corrects muscular imbalances and creates postural alignment. Further it promotes core stability, **flexibility, and correct joint functioning.**

Master classes and Workshops

Matteo Moles teaches ballet and contemporary technique to various companies and institutions, such as:

- ❑ **Ultima Vez,** Wim Vandekeybus (Brussels, Belgium)
- ❑ **Cie Thor,** Thierry Smits (Brussels, Belgium)
- ❑ **AS Palavras,** Claudio Bernardo (Brussels, Belgium)
- ❑ **Charleroi/Danses** (Charleroi, Belgium)
- ❑ **Rosas,** Anne Teresa de Keersmaeker (Brussels, Belgium)
- ❑ **Cie Michèle-Anne De Mey,** (Brussels, Belgium)
- ❑ **Cie Philippe Saire,** (Lausanne, Switzerland)
- ❑ **Compagnie Pierre Droulers,** (Brussels, Belgium)
- ❑ **Groupe Emile Dubois, Jean-Claude Gallotta,** (Grenoble, France)
- ❑ **Diversions** Roy Campbell-Moore (Cardiff, UK)
- ❑ **Ballet Preljocaj,** (Aix-en-Provence, France)
- ❑ **Raz,** Hans Tuerling (Tilburg, Holland)
- ❑ **NeedCompany,** Jan Lawers (Brussels, Belgium)
- ❑ **Vanemuine Teater** (Tartu, Estonia)
- ❑ **Fine5 Dance Company** (Tallinn, Estonia)
- ❑ **Yantra** Académie de Danse (Brussels, Belgium)
- ❑ **The Loft** (Brussels, Belgium)
- ❑ **UCL** Université Catholique de Louvain (Louvain, Belgium)
- ❑ **Tallinn Pedagogical University** (Tallin, Estonia)
- ❑ **UQAM** Université du Québec à Montréal (Montreal, Québec)
- ❑ **Scenario pu.bli.co** Roberto Zappalà (Catania, Italy)
- ❑ **Kaay Fecc** Dance institution (Senegal, Africa)
- ❑ **I.A.L.S.** Arts Center (Rome, Italy)

- ❑ **Humanités Chorégraphiques** (LLN, Belgium)

- ❑ **Paracuru Dança** (Paracuru, Brazil)

- ❑ **AP (Artesis) Royal Conservatory of Dance** (Antwerp, Belgium)