A TWO-DAY WORKSHOP · BARCELONA

AUDITION LAB

Two days of practice for dancers preparing for professional work in contemporary dance.

An audition asks for a lot at once. Learn fast, adapt to a new movement quality, improvise, make choices and let people see who you are, usually under pressure and with very little time.

AUDITION LAB is built around audition simulations, movement tasks and open conversation. We are dancers, choreographers and teachers, and we will share what we know so you can walk into an audition better prepared.

DATES

November 28–29, 2026

LOCATION

Espai Viceversa, Barcelona

WITH

Anabel Barotte Moreno & Guy Shomroni





THE WORKSHOP

What we'll work on

Four areas of work, explored through practice and discussion over two mornings.



Audition Practice

How to learn choreography quickly, pick up the details and adapt to different movement qualities, while making the most of the little time you have. We work with the kind of tasks that come up in contemporary dance auditions.

Mental Preparation

What do you do before an audition? And what do you do with the pressure, the uncertainty, the expectations? We will draw on our own experience, talk about practical ways to stay focused, and start building a personal preparation routine.

Improvisation & Flow State

Different ways into improvisation, and ways to bring out your own range of movement and expression. We will look at Flow State: moving past self-judgement and inhibition, getting fully absorbed in a task and staying with it.

We believe enjoyment is an important starting point for performance. It can help you feel present and open, and it invites the person watching into what you are doing.

Showreel & Video Auditions

How you present yourself on video: choosing material, showing your strengths and range, filming, framing and editing, and preparing videos for different kinds of auditions.

Send us your current showreel or audition video before the workshop and you will get individual feedback from both of us.

METHOD

How we work

Each day includes an audition simulation: a warm-up, learning a movement variation or combination, and improvisation tasks in groups and alone. After the practical work we talk through what we noticed and different ways to approach the audition process.

The workshop is practice, feedback and reflection. There is no single formula for a successful audition. The aim is to help each dancer find tools that work for them and build their own approach.

THE TEACHERS



Anabel Barotte Moreno

Anabel Barotte Moreno (b. 1998) is a dancer, choreographer and dance educator based in Barcelona. She has worked with companies and choreographers including La Veronal (Marcos Morau), Equilibrio Dinamico DC and the EKODANCE project, performing repertoire by Mats Ek. Since 2021 she has combined performing with teaching and independent creation. She has worked with Guy as a dancer, co-creator and assistant choreographer on projects across Europe.



Guy Shomroni

Guy Shomroni is a choreographer, dancer and Gaga teacher. He danced with Batsheva Dance Company from 2001 to 2013 under the direction of Ohad Naharin, and also worked as a creative assistant and rehearsal director. Since 2013 he has been creating contemporary dance works for festivals and companies worldwide, and teaching Gaga internationally.



DETAILS

Practical information

Limited spots available.

Please bring a notebook and something to write with.

DATES

November 28–29, 2026

SCHEDULE

10:30–13:30, both days

PRICE

100€

LANGUAGE

English

LEVEL

Professional and pre-professional dancers

LOCATION

Espai Viceversa, Barcelona

PHOTOGRAPHS: STEFANO SASSO (COVER, PAGE 4)