

## MONIKA SZPUNAR (she/her)

*Independent performance artist, dancer and choreographer working internationally mostly between Poland, Czech Republic and France. Interested in bringing movement to new, unconventional spaces; in social activism through dance and the meeting of choreography with other disciplines. Co-creator of the choreographic initiative [sisterhood practices](#), of a movement band [BADBODYCHAOSCODE](#) (fka The Yonis) as well as member of the [Krakow Choreographic Centre](#).*

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Languages: English and French (advanced), Portuguese (intermediate) and Polish (native).



### PROFESSIONAL EXPERIENCE:

- **HOLD ONTO THE WIND** - A (non)solo performance in my choreography. Premiered at **Cricoteka in Cracow**, May 2025
- **EN FANFAAARE !** - Choreographed by Tatiana Julien / Cie INTERSCRIBO. Premiered at **MCA Amiens (FR)**, Mars 2025
- **ROOMS BY THE SEA. Exercises in listening.** Concept and choreography by **Joanna Leśniewska**. NCK, Krakow 2024
- **THE SCULPTRESSES** - Performance co-created with **sisterhood practice** team.
- **Aerowaves Twenty24 artist.** Touring internationally, premiered at the **National Museum in Warsaw**, July 2023
- **PRIMA** - Performance assembling professional and amateur dancers choreographed by **Viktor Černický**. Kre:Pí Festival and Krakowski Festiwal Tańca 2023
- **FAIRY TALES** - Performing in creation by Prague based company **POCKETART**. Big Big Pulse Dance, Tanec Praha festival (CZ), Julidans (NL), Sismograf Olot (ESP)
- **Compagnie WAO** - Collaboration with the company on a dance film. **Paris, France 2023**
- **STILL STANDING** - Site-specific performance co-created, performed and developed with **Alexandra Janus and Weronika Pelczyńska** since 2020. So far shown in Warsaw, Cracow, Lublin and **Biennale of Performing Arts in Vilnius, LT**
- **ROBERT LE DIABLE** live concert based on Giacomo Meyerbeer's opera motives, **combining jazz music and dance performance**. Band members: Natan Kryszk, Bruno Jasieński, Marcin Sojka, Michał Aftyka, DJ Zeten and Monika Szpunar. **Stakkato Space**, Cracow, PL. July 2022
- **HEADLINER** - The Yonis sound and movement album performed at **Hidden Door Festival Edinburgh, UK**. June 2022
- **THE YONIVERSE** with The London and Die Berner Yonis, **Dampfzentrale and BETA Stage Festival 2022 Bern, CH**. March 2022
- **THREE SCULPTURES/ BODIES** performance around **Ursula von Rydignsvard's sculptures** choreographed and performed with Dominika Wiak and Monika Godek. **National Museum in Cracow**. February 2022.
- **Kuliści-** Co-created together with **Patrycja Kowańska, Weronika Pelczyńska and Magda Fejdasz**. Teatr im. J. Kochanowskiego. **Opole, PL**. December 2021 - Ongoing
- **PRZESADA** - Choreographed in collaboration with **Stefano Silvino**. Centrum Teatru i Tańca w Warszawie. **Warsaw, PL**. June 2021
- **Memory Score** - Choreographed by **Kasia Witek**. FestivALT. **Cracow, PL**. October 2020
- **Choreodrome 2019** - 2 weeks R&D with **THE YONIS** at **The Place** and **Moving House** performances in **London, UK**. August 2019
- **NINGUÉM ME SOLTA** - Directed by **Rafaela Sahyoun**. Performed at Tanzfabrik. **Berlin, DE** July 2019
- **Halka (wileńska)** directed by **Agnieszka Glińska**. The Grand Theatre - Polish National Opera. **Warsaw, PL**. April - June 2019
- **ORCHARD** - Choreography by **Elinor Lewis**, commissioned by The Place as part of **Choreodrome 2018**. Performed at The Place and George Wood Theatre. **London, UK**. August-November 2018
- **The Yonis** - Creating works and co-running a **girl movement band** based in London. Ongoing since 2017  
Performing at **Edinburgh Fringe, Festival D'Avignon, V&A Museum, Brainchild, Camden Fringe, SET Space** among others.
- **Woman SRSLY** - Performing and creating work together with The Yonis as **resident artists of the platform**.  
Bi-monthly performances throughout 2017, 2018 and 2019 at **CENTRE 17, The Yard and The Place in London, UK**.
- **Dentro** - Solo choreographed by **Rhys Dennis**. Performed at **Stratford Circus Arts Center**. London, October 2017
- **Under This Weight** - Choreography by **Dam Van Huynh**, performed at Robin Howard Dance Theatre. London, UK. February 2017
- **Troca Dois** - Improvised performance directed by **Rafaela Sahyoun**. Performed at Capital 35. **São Paulo, BR**. October 2016
- **Malandain Ballet Biarritz** - A one-month apprenticeship in the company directed by **Thierry Malandain**. **Biarritz, FR**. June 2014
- **Laboratoires** - Improvised performance directed by **Kaori Ito**. Performed at **Théâtre de Ménilmontant**. **Paris, FR**. March 2014

### EDUCATION:

- **Towards Vivencia Training, Designing Presence**, One year program based on Jorge Crecis's methodology to train the state of consciousness associated with performance presence. Online. September 2021- July 2022
- **SWPS University** • A one-month long Laboratory of New Theater Practices course. **Warsaw, PL**. January 2020
- **London Contemporary Dance School** • First class BA (Hons) degree in Contemporary Dance • **London, UK** • 2014- 2017
- **UNICAMP University** • Exchange program • **Campinas, Brazil** • August 2016- December 2016
- **ACTS, Ecole Supérieure Chorégraphique** • Higher arts and choreography education • **Paris, France** • 2013- 2014

## **WORKSHOPS AND INTENSIVE:**

- **B12 Festival** • 2 weeks workshops with **Milan Tomášik, Lali Ayguadé, Leo Lerus** and **Rainer Behr**. Berlin, 2023, 2021 & 2019
- **Laboratorium Ciała** • ongoing research and practice group at **Krakowskie Centrum Choreograficznym**. Cracow, PL 2020
- **Tools for Dance Improvisation** • 1 week workshop with **Thomas Hauert**. Brussels, BE. January 2019
- **Moving between the worlds** • 1 week workshop with **Hannes Langolf**. London, UK. December 2018
- **Flying Low and Passing Through** • 2 weeks Intensive led by **David Zambrano**. Porto, PT. May 2018
- **Summer Intensive** • Classes led by **Rakesh Sukesh, Inaki Azpillaga & Ted Stoffer**. A-dos-Cunhados, PT. July 2017
- **Dramaturgias táteis** • Improvisation and acting workshop led by **Cristian Duarte**. São Paulo, BR. December 2016
- **Brain Diving** • Research based contemporary dance sessions led by **Fernando Martins**, São Paulo. BR November 2016
- **DV8 Workshop** • Intensive led by **Hannes Langolf** and **Ermira Goro**. London, UK. May 2016
- **Gaga & Batsheva Repertory Intensive** led by **Aya Israeli, Doron Raz Avraham** and **Michal Sayfan**. Antwerp, BE. April 2016