



CV

Indrek Kornel

Indrek Kornel (Tallinn University, Choreography MA) creates **spaces for embodied experiences** through choreography, directing, performing, and teaching. His work is deeply influenced by **David Zambrano, Ruth Zaporah, and Deborah Lessen**, whose teachings and mentoring have shaped his **improvisational methodology and movement philosophy**.

He has performed regularly at international festivals and venues since 2015: *This is Not a Solo* (2025, Bangalore, India), *Lightness* (2024, Tbilisi, Georgia), **Tictac Art Centre** (Brussels, Belgium), **Laiks Dejot Festival** (Riga, Latvia), **Dance Lovers Festival** (San Francisco, USA), **Loona Nights** (Dansehallerne, Copenhagen, Denmark), **Longing for the Impossible for the Moment it is Real** (Royal Danish Academy of Music, Copenhagen, Denmark), **Zurab Rtveliashvili International Performance Art Festival** (Tbilisi, Georgia).

His performances reflect a **deep commitment to improvisation, embodied storytelling, and collective movement exploration**, continuously engaging new audiences and artistic collaborators worldwide.

Education & Professional Training

- **MA in Choreography** – *Tallinn University, Estonia (2015–2017)*
- **BA in Choreography** – *Tallinn University, Estonia (2012–2015)*
- **Applied Higher Education in Information Technology Systems** – *Võrumaa Kutsehariduskeskus (2008–2011)*
- **Corpus Studios Comprehensive Pilates Studio Trainer** (2015–2017, 1000 hours)
- **Workshops with David Zambrano** (2019–present, over 300 days / ~2400 hours)
- **Gyrotonic® Level 1 Teacher Certification (250 hours)** (2018–2019)
- **CoreAlign® Level 1 Teacher Training (90 hours)** (2019)
- **Corpus Pilates Comprehensive Studio Teacher Certification (925 hours)** (2015–2017)
- **Imre Thormann** (One-week intensive, 2023 end)
- **Irene Dowd** (20-week workshop on Hypo- and Hypermobility of Dancers, 2023–2024)

Work Experience

- **Creator – Body Conditioning Microdegree, Tallinn University (2022–2023)**
- Designed and implemented “**Embodied Dancer and Dance Teacher**” program
- **Creator – Liberating movement practice program part of the Movement Therpay Microdegree, Tallinn University (2022–2023)**
 - Design and guiding of the Liberating movement practice program
- **Creator – Dance Health Program for Youth, Estonian Dance Agency (2021–2022)**
- **Volunteer field coordinator – European Capital of Culture Tartu 2024 (2023–2024)**
- **Project manager – Tallinn University Choreography Department (2022–2023)**
- **Guest Lecturer – Tallinn University (2020–Present)**
 - Courses: **Functional Training, Contemporary Dance, Pilates**
- **CEO / Artistic Leader – Movement in Principles (2015–Present)**
- **Artist in Residence – TantsRUUM (2020–2021, 1-year residency)**
- **General Producer – Pärnu International Opera Music Festival (2019–2021)**
- **Pilates Teacher – Kaisa Marran Pilates Studio (Estonia) (2015–2021)**
- **Pilates/Gyrotonic®/CoreAlign Teacher – Corpus Studios (Belgium) (2017–2019)**
- **Estonian National Dance Teacher/Folk Dance Teacher – Tallinn University (2014–2015)**

Teaching & Academic Roles

Guest Lecturer – Tallinn University (2020–Present)

- Specializing in **Pilates, Functional Training, Contemporary Dance**

Movement Educator – Various Institutions (2015–Present)

- Workshops in **somatic movement, improvisation techniques, and body awareness**

Collaborations and Roles in Major Productions

- **Liisa Laine – Space in Space (2022)**
- **Sveta Grigorjeva – Fakerz (2021)**
- **Eva O. & Sofia – Where does the point go when we miss it? (2021)**
- **Kristin Tagam – Predicting the Past (2021)**
- **Robert Wilson & Arvo Pärt – Adam's Passion (2015)**

Selected Choreographic Works

- *This is Not a Solo* (2025, Bangalore, India)
- *Lightness* (2024, Tbilisi, Georgia)
- *L'Empire des lumières 4.1* (2022, choreographer/performer)
- *Between Two Buttocks* (2022, co-creator with Ruta Ronja Pakalne)
- *Solo 4* (2022, choreographer/performer)
- *L'Empire des lumières* (2021, choreographer/director)
- *Mu nimi on Xiaodie but you can call me baby* (2019, choreographer/director)
- *Waiting* (2017, choreographer/director)
- *Our Story* (2015, choreographer/director)

Presentation of works in Festivals (Estonia)

- **PerformVilsandi Trance** (2023)
- **Made in Estonia Marathon**(2021-2024)
- **Greenfield**(2021-203)
- **Head Read** (2024)
- **Vaskjala Residentuur – Rooluulend Performance Evening** (2025)
- **Baltic Dance Platform Pre-Event**(2023)
- **Viljandi Dance Week** (2022-2024)
- **Baltic & Estonian Music Days** (2023)
- **Closing of the European Capital of Tartu 2024** (2024)

Selected residencies

- **TantsRUUM** - (Estonia, 2020-2021, 1 year immersive artistic practice residency)
- **Dance Tunnel** – (Estonia, 2021, residency in creating redefining the city space from a playful point of view with artist Sofia Filippou)
- **Route Residency (Finland, 2024** – 2 week residency in artistic collaboration and social dance with Rebecca Laube-Pohto)
- **Outtukumppu Residency (Finland, 2024** – 2 week residency in artistic collaboration and social dance with Rebecca Laube-Pohto)

Current & Future Projects

- **Improvisation Collaboration with Andrus Kallastu (Pärnu Opera) & Age Veeroos (2025)**
- **Full-length production with Latvian choreographers** (*Aigars Larionovs, Ivars Bronis, Alise Putnia, Lga Bele*)
- **Regular performances with musician Roomet Jakapi**
- **Member of Rooluulend (Improvisation Ensemble, Estonia)**

Skills

- **Choreography & Improvisation**
- **Performance & Movement Research**
- **Teaching: Pilates, Floorwork, Contemporary Dance, Functional Movement**
- **Interdisciplinary Collaboration**
- **Community-Based Dance & Audience Engagement**