

Sita Ostheimer

Choreographer & Artistic Director

Physically driven, musically playful and precise creations that generate powerful, immersive experiences, where movement, light, and sound fuse into a single, deeply affecting poetic force.



ARTISTIC APPROACH

Sita Ostheimer creates choreographic work that is rigorous, visceral, and structurally clear. Her practice is grounded in strong physical presence and musical architecture, shaping collective movement into precise, emotionally charged stage languages.

Her work challenges dancers to operate at a high level of physical and mental clarity, combining endurance, rhythmic precision, and individual agency within strong ensemble structures. Rather than narrative illustration, meaning emerges through shared physical states and the accumulation of energy over time.

Light is conceived as a compositional partner, developed in close collaboration with light designer Barnaby Booth. Together, movement and light shape rhythm, spatial perception, and emotional focus, creating immersive and adaptable works for a wide range of stages and company contexts.

Music and rhythm are central compositional forces in Sita Ostheimer's work. Developed in close collaboration with composers Adrien Casalis and Yehezkel Raz, the musical landscape is treated as a living structure that drives timing, intensity, and physical decision-making. Rhythm functions as an internal motor rather than an external accompaniment, demanding high musical awareness and virtuosity from the dancers. Movement and sound evolve together, creating a tightly woven relationship between physical action, temporal structure, and emotional resonance.

www.socompany.de

sitaostheimer.company@gmail.com

ARTISTIC PROFILE

Sita Ostheimer is an internationally working choreographer whose work explores the tension between collective force and individual vulnerability. Her choreographic language is grounded, dynamic, and musically driven, often built through repetition, rhythm, and finely articulated group dynamics.

Having worked extensively within repertory and institutional structures, Sita brings a deep understanding of ensemble work and production realities. Her creations balance openness and precision, allowing dancers to contribute creatively while being guided by a clear compositional vision.

Audiences encounter work that is direct, physical, and emotionally resonant – where bodies are experienced as active forces shaping space, rhythm, and atmosphere.

Artistic anchors

- Physical intensity and grounding
- Musical and rhythmic precision
- Ensemble clarity and group intelligence
- Individual presence within collective structures
- Emotional directness without narrative framing

WORKING WITH DANCE COMPANIES

Creation Process

Sita works in close dialogue with dancers, developing choreographic material through structured improvisation, physical tasks, and compositional scores. Her process balances openness with rigor, allowing dancers' individuality to emerge while maintaining strong structural coherence.

The rehearsal process is focused and efficient, shaped around the identity, strengths, and technical background of each company.



What Dancers Gain

- Increased musical and rhythmic awareness
- Development of physical stamina and grounding
- Enhanced ensemble sensitivity
- Strengthened individual presence within group work
- Performance confidence



Adaptability

Sita has created work for:

- Medium and large ensembles
- Contemporary and hybrid companies
- Mixed-bill programs and full-evening works
- Short and extended creation periods
- Film

Her work integrates seamlessly into repertory contexts while retaining a strong artistic identity.



ARTISTIC COLLABORATIONS

Sita collaborates long-term with a trusted artistic team, ensuring continuity, depth, and production stability.

Light Design

Barnaby Booth (UK)

Light is developed as a compositional partner, shaping rhythm, spatial perception, and emotional focus in close dialogue with the choreography.

Music Composition

Adrien Casalis (FR)

Yehezkel Raz (IR)

Music is created or adapted in close collaboration with the choreographic process and remains flexible to technical conditions and institutional frameworks.

Sita collaborates long-term with light designer Barnaby Booth and composers Adrien Casalis and Yehezkel Raz. These collaborations allow for a coherent artistic language and an efficient creation process, adaptable to different stages and technical conditions.

The team works flexibly with existing technical conditions and in close cooperation with in-house production teams.



SELECTED COMMISSIONED WORKS FOR COMPANIES

LUNA (2025) – **CCDC Hong Kong**

MORTAL HEROES (2025) – **Zfin Malta**

HASARD & BOLÉRO (2024-25) – **MiR Dance Company**

FULL CIRCLE(2024) – **Staatstheater Braunschweig**

LAST MAN STANDING (2023) – **Xie Xin Dance Theatre, Shanghai**

DAWN & DAY (2022) - **Staatstheater Kassel**

THE INEVITABLE AND YOU (2022) – **Sita Ostheimer Company**

ARTISTIC CONTINUITY & POETIC PATHWAY

Since 2017, Sita Ostheimer has been Artistic Director of **Sita Ostheimer Company**, an artistic platform dedicated to the development of her choreographic language through long-term research and international touring.

Through this platform, she deepens her movement aesthetics, compositional tools, and collaborative practices. The insights gained through her company work directly inform her commissioned creations for institutions, ensuring artistic depth, coherence, and sustainability.

Works by Sita Ostheimer Company have been presented at festivals and venues including DOCK 11 Berlin, Fuori Programma Festival Rome, Bolzano Danza, Festival Aperto Reggio Emilia, Deltebre Dansa, Španski Borci Ljubljana, and international festivals in Asia and South America.

Sita's choreographic work is sustained by continuous physical and dramaturgical research, which she refines and deepens through her international teaching practice. Through her **Complex Simplicity** technique, she investigates principles of grounding, clarity, and musical responsiveness, using teaching as a laboratory to fine-tune movement quality, compositional tools, and perceptual awareness. This ongoing exchange between creation and transmission feeds directly into her choreographic work, ensuring a living, evolving practice that remains precise, responsive, and physically intelligent.

Sita Ostheimer

sitaostheimer.company@gmail.com

+49 176 752 466 43

www.socompany.de

Available for company commissions from 2027.



MORTAL HEROES, Zfin Malta