



Mara Natterer is a dancer, choreographer, and craniosacral therapist based in Switzerland. Influenced by somatic practices, Contact Improvisation, and more recently Krump and Butoh, she is interested in the raw intelligence and honesty of the moving body.

Mara holds a Master's degree in Community Dance from the Laban Conservatoire in London and has led community dance projects across Europe and Brazil. Originally trained in ballet at the John Cranko School in Stuttgart, she later studied International Relations in Geneva and worked in human rights in Brazil—experiences that continue to inform her socio-political and embodied research and her interest in the body as a site of social conditioning and transformation.

Contact Improvisation has been a central thread in her practice for over 13 years, shaping both her artistic and pedagogical work. She teaches internationally and facilitates jams and research labs, including in her own studio and residency

space in Lichtensteig. Her practice is grounded in an ongoing inquiry into the nervous system, processes of un-numbing and un-taming, and the potential of movement as a relational and transformative practice.

Mara was part of the CI-based intentional community project “Living Arts Base” (Catalunya), which continues to shape her understanding of improvisation as a shared practice. In 2022, she received a Dance Grant from the Appenzell Ausserrhoden Cultural Foundation for her research project *BERÜHRBAR*. Since 2023, she has been the director of Laboratoire Paul, an interdisciplinary format within the Paula Interfestival. In 2024, she received the Canton of St. Gallen's Work Grant for her project *Hauten Baby!*, exploring trauma-sensitive practices in the performing arts.

As a freelance dancer and co-choreographer, she has been collaborating with various artists and choreographers, and is currently creating her own work, a dance solo on anger – its female social conditioning, and its emancipatory potential.