

Sita Ostheimer

Curriculum Vitae

After finishing her study at the University for Music and Performance Art in Frankfurt Germany 2001, Sita joined MS Schrittmacher at Staatstheater Oldenburg, worked with Itzik Galili in Groningen and Krisztina de Chatel in Amsterdam. In 2008 she joined Hofesh Shechter Company and worked with him as a dancer, workshop leader and choreographic assistant until 2018. She re-staged his work at companies such as NDT I, Paris Opera Ballet, Ballet Basel, Staatsballett Berlin, Aterballetto Italy, Hessisches Staatsballett Wiesbaden and Staatstheater Kassel.

As a freelance Choreographer she created commissioned work for Frontier Danceland Singapore, Hessisches Staatsballett Wiesbaden, Bodhi Project Sead Salzburg, CobosMika Spain and Verve Leeds, as well created for Universities such as Folkwang University Essen and Hochschule für Musik und Tanz Köln. Since 2017 she is the Artistic Director of her Berlin based platform Sita Ostheimer Company, collaborating with guest dancers and a set group of music composers, light-designers and visual artists. The Company's work toured on several Festivals throughout the world. In 2021 she received an Artist Prize by POOL – INTERNATIONALES TanzFilmFestival BERLIN / DOCK 11, for her ongoing work and outstanding aesthetics in choreography and film. With her workshops series COMPLEX SIMPLICITY, she shares her philosophy and physicality world wide.