

**HOLGER BENEDICT SEIDELIN**



Кыргызча

**DE** Ich strebe danach, Musik, Tanz und Theater sowohl auf der Bühne als auch im Film zu integrieren. Anstatt mich auf eine Kunstform beschränkt zu fühlen, finde ich Inspiration in der Kombination verschiedener Medien. Meine Werke konzentrieren sich durchweg auf klare thematische Erzählungen, die Spannung, Liebe und Hoffnung in menschlichen Beziehungen erkunden. Ich nutze die Kunst, um meine Zweifel und Barrieren zu untersuchen. Derzeit erforsche ich familiäre und gesellschaftliche Hierarchien, unterbewusste Bilder, Musicals, expressive Szenografie und gewagte Kostüme. Ich lege Wert auf Präzision in Drehbuchschreiben, körperlichem Ausdruck, Charakterentwicklung und Sounddesign und zielen darauf ab, echte Emotionen hervorzurufen und emotionale Zugänglichkeit zu gewährleisten. Während meines maC-Studiums habe ich bedeutende Fortschritte gemacht. Mit Zugang zu umfangreichen Ressourcen und einem experimentierfreudigen Umfeld tauchte ich in die Körperbewegung und Filmsprache ein. Die Zusammenarbeit mit Tänzern und Mentoren stärkte mein Selbstvertrauen und meine Fähigkeiten. Ich möchte experimentelle Musicals sowohl für die Leinwand als auch für die Bühne schaffen, die fesselnde Geschichten erzählen und menschliche Beziehungen sowie Naturphänomene erforschen. Dies hat mein Interesse an Wissenschaft und Natur neu entfacht, in die ich als nächstes künstlerisch eintauchen möchte. Kürzlich habe ich ein Unternehmen gegründet, das interdisziplinäre Künstler unterstützt, frei von traditionellen Beschränkungen, mit dem Ziel, einen grenzenlosen künstlerischen Hub zu schaffen. Ein Irrenhaus.

**EN** I strive to integrate music, dance, and theater both onstage and in film. Rather than feeling confined by one art form, I find inspiration in combining different mediums. My works consistently focus on clear thematic narratives, exploring tension, love, and hope in human relationships. I use art to examine my doubts and barriers. Currently, I explore family and societal hierarchies, subconscious imagery, musicals, expressive scenography, and bold costumes. I prioritize precision in scriptwriting, physical expression, character development, and sound design, aiming to evoke genuine emotion and ensure emotional accessibility. During my maC studies, I experienced significant growth. With access to extensive resources and an environment fostering experimentation, I delved into body movement and film language. Collaborating with dancers and mentors enhanced my confidence and skills. I aim to create experimental musicals for both screen and stage, focusing on captivating stories and exploring human relationships and natural phenomena. This has reignited my interest in science and nature, which I want to dive into artistically as the next chapter. I recently founded a company to support interdisciplinary artists, free from traditional constraints, aspiring to create a boundless artistic hub. A mad house.

# THE UNIT

## AND THE PITFALL

i love

**Performers** Johann Eggebrecht, Sawako Ogo, Anna Bolk, Veronica Parlagreco,  
Jürgen Linneweber **Choreographer/Director, Composer, Author** Holger Benedict  
Seidelin **Set Designer** Dorka Kreis **Set Design Assistance** Danijela Matović, Hannah  
Langels **Costum Designer** Lucia Leibnitz **Costume Assistance** Magdalena Stippl  
**Sound Designer** Matias Milling **Light Designer** Riccardo Bernardi **Director's**  
**Assistant** Eleni Derveni **Music Composition** Holger Benedict Seidelin and Anna Bolk  
**Mentoring** Pablo Liambias, Max Kestner

**THE UNIT AND THE PITFALL** is an experimental dance musical, inspired by my personal story. In my MA production I'm investigating family dynamics, creating a family portrait inspired by my own.

Coming from music composition and theater, I seek to create bridges and classes between art forms. I seek to immerse the performers in scenarios they have to solve. I believe that overwhelming the performer infuses dance with vitality. With obstacles, habits, and thoughts to go through, the performers gain a presence I experience in daily life. An authenticity I'm interested in. People of society traveling past each other, solving their problems on the go.

I'm inspired by the phenomena of thought patterns. A thought, whose origin we may not even know, can carve deep grooves in our brain if repeated enough, leading us to spiral into a fabricated reality where subconscious and conscious live together.

Negative thought patterns form the foundation of both the choreography and textual elements, emphasizing the experience of being ensnared in a pattern, both as a family and as a performer within the piece. The incorporation of live-composed sound and music serves to broaden the perception of the performer's psyche.

you

i love you



# I love you

The phrase "I love you" intrigues me as an abstract concept worthy of research. During my M6 piece "Digital Nomad" in 2023, I developed a fascination with the lifestyles and emotional states of individuals who travel globally for remote work. Using platforms like Reddit and YouTube, I analyze physical and emotional expressions from influencers to initiate a dance piece exploring isolation, hyperventilation, and situation-based choreography. Integrating my personal experiences into the creative process, I strive to imbue honesty into the characters onstage through music, movement, and words. I'm particularly drawn to infusing performances with a strong and playful musical element.

As a musician composing my own music while choreographing, I'm focused on crafting a distinct identity for each piece. I view my music as an environment, working in tandem with scenography to create a world for the choreography to inhabit and thrive in. My choreography is inspired by situations I've observed or experienced in my own life, which I then translate onto the stage.

My musical approach investigates psychology, aiming to place the audience inside the performer's mind. Through sound, voice, and manipulation, I work to bring the performer's emotional state to the forefront. In my piece "Digital Nomad," I seek to depict a Western culture where people feel remote and become molded into the figure they aspire to be.



i love  
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## the violence of the soul

My research delves into the violence of the soul and the various addictions prevalent in both individuals and society. This encompasses addiction to media, the pursuit of love, the quest for validation, navigating truth in uncertain times, and the incessant need for resolution. Throughout my work, particularly in my MA studies, I grapple with emotionally weighty material, striving to grant it a voice.

As a composer, I am driven to elevate music and sound to the forefront, infusing performances with a sense of urgency. Central to my research is the utilization of sound and voice in character development, exploring the psychological nuances embedded within the rhythm and tones of both voice and sound.

In my MA project, a family drama, I delve into the various textures, effects, and themes that define each family member's rule of law. This extends to considerations of costume and scenography. My focus lies in exploring the intricate interplay between different art forms. I aim to create a cohesive world where dance intertwines seamlessly with other artistic elements. My ultimate goal is to craft an immersive experience where the different art forms allows for a dynamic exploration of reality, both for myself and for the audience..

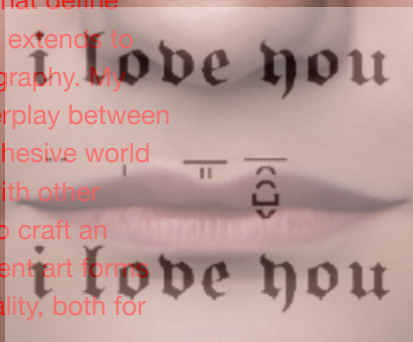


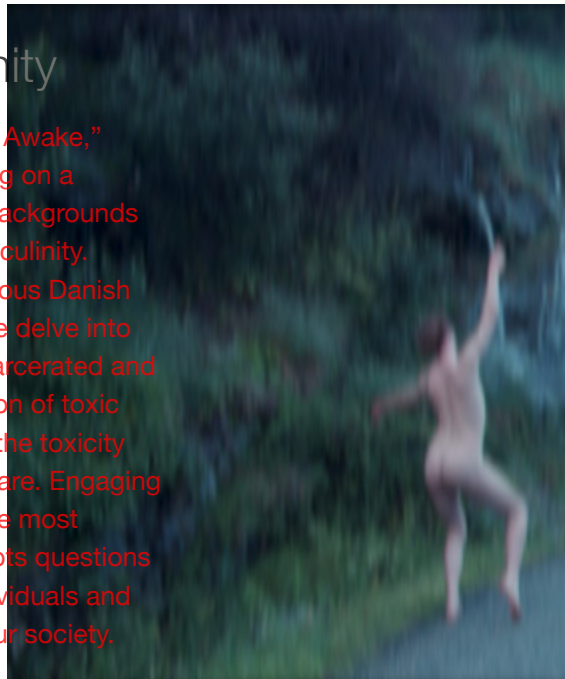


Photo: Holger Seidelin, Body Builder: Magni Hansen

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## prison choir and masculinity

As a side project for school called "Are You Awake," funded by the Danish Arts Fund, I'm working on a musical that explores how different social backgrounds and classes in Danish society perceive masculinity. Through lyrical tasks with inmates from various Danish prisons in collaboration with Fangekoret, we delve into the clash between men who have been incarcerated and those who are free. In the ongoing discussion of toxic masculinity, I'm eager to investigate where the toxicity lies and who the male victims of patriarchy are. Engaging in dialogue and collaboration with one of the most stigmatized groups in Danish society prompts questions about how we perceive and treat these individuals and what measures are necessary to improve our society.



i lov

## body building and masculinity

As part of my MA, I'm exploring masculinity. The phrase "A man in contact with his feelings" is rare but deeply ingrained. Does society define a man by his public appearance, or is it his self-view, actions, and relationship with his feelings and thoughts? Collaborating with bodybuilder Magni for the project "Mars in Europe" sheds light on the desire to transform one's body: memories of adolescence, encounters with bullies, and the urge to assert oneself against the environment. Our connection deepens as we share personal memories while filming and creating sculptures at the seaside in Copenhagen.

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Photo and Performer: Holger Seidelin, Ardèche, 2023.

**Holger Benedict Seidelin** arbeitet mit interdisziplinären Theater- und Musikstücken, die komplexe emotionale Geschichten erzählen sollen. Seidelin ist ein dänischer Musiker, Choreograf und Theaterregisseur und hat einen Bachelor-Abschluss von der RMC-Dänemark und absolviert seinen Master an der HZT Berlin in Choreografie. Er hat auch einen einjährigen Kurs an der Tanzfabrik, 3 Monate an der Schauspielerei und 5 Monate an den Dance Works absolviert. Seit 2016 ist er aktiv und hat interdisziplinäre Projekte wie „Eik’s Future Memories (Performance) 2019, Illutron“ geleitet, an denen 40 Künstler beteiligt waren und Unterstützung von der Danish Arts Foundation erhielten und 500 Besucher anlockten. Seine Arbeit umfasst „Digital Nomade (Tanzmusik-Performance) 2023, HFM - Berlin“, die digitale Nomaden-Lebensstile erforscht, „Eikeikeik.com (Interaktive Kunst-website) 2019, eikeikeik inc“, die 400 monatliche Besucher und mediale Aufmerksamkeit anzieht, sowie die Gedicht- und Gemäldesammlung „Shampoo“ von 2017, die auf dem ZineFest in Aarhus, Dänemark, verkauft wurde.

**2024\_\_\_THE UNIT AND THE PITFALL** a family drama researching how a family goes through a crisis.

**2024\_\_\_LET THE WORLD TAKE ME** a music video of body fighting to break loose.

**2023\_\_\_DIGITAL NOMAD** a choreography researching the lifestyles of digital nomads.

**2023\_\_\_DIE FOR U** a music video of multiple naked bodies in nature.

**2023\_\_\_SKITSE 3** a short choreography applying techniques of Cunningham in an office space situation

**2023\_\_\_PRISON CHOR** a musical research of masculinity made with the danish prison choir “Fangekoret”

**EN** Holger Benedict Seidelin is working with interdisciplinary theater and musical pieces that strive to tell complex emotional stories. Seidelin, a Danish musician, choreographer, and theater director, holds a Bachelor’s degree from RMC-Denmark and is completing his MA at HZT Berlin in Choreography. He has also completed a one-year course at Tanzfabrik, 3 months at Schauspielerei, and 5 months at Dance Works. Active since 2016, he has led interdisciplinary projects such as “Eik’s Future Memories (Performance) 2019, Illutron,” involving 40 artists and receiving support from the Danish Arts Foundation, drawing 500 attendees. His work includes “Digital Nomade (dance music performance) 2023, HFM - Berlin,” exploring digital nomad lifestyles, “Eikeikeik.com (Interactive art website) 2019, eikeikeik inc,” attracting 400 monthly visitors and media attention, and the poem and painting collection “Shampoo” in 2017, sold at ZineFest in Aarhus, Denmark.

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**Portraitvideo**



**2024\_\_\_maC**

MASTERSTUDIENGANG CHOREOGRAPHIE  
HOCHSCHULÜBERGREIFENDES ZENTRUM TANZ BERLIN



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