

F/uo

Fluō – an interdisciplinary artist collective and laboratory.

We are Fluō, a new professional dance collective and at the same time an artistic laboratory that connects different worlds. Our team is made up of skilled professionals from diverse artistic fields, united by a passion for experimentation and the search for new forms of expression.

Our work is built on passion, courage, and openness. We believe in the power of collaboration – that is why we bring dance into dialogue with costume design, light design, scenography, painting, and the visionary approaches of students and graduates of CTU (Czech Technical University) and UMPRUM (Academy of Arts, Architecture and Design in Prague). Our ambition is to create a living platform that looks forward and develops contemporary art.

Fluō thinks in the long term. We are searching for innovative ways to connect people through dance, to inspire each other, and to create a safe space for experimentation within the living arts.

Our activities also include workshops and lectures for the public, designed to open the world of dance and contemporary art to anyone interested. Our goal is to make dance accessible to a wider audience and to restore its original purpose – to bring people together.

The first major outcome of our work is the full-length performance SPRING.



JAR

JARO - SPRING as a theme of birth, renewal, blossoming, transformation. SPRING, primavera, the season of new beginnings. A time that sheds its greyness. SPRING is a reference to the next natural cycle, returning to rituals once inseparable from this period. It is an homage to nature, an acknowledgment of its power, and a shedding of everything that hinders its flourishing. Today, only fragments of those rituals remain, stripped of their deeper meaning.

The dance-visual performance SPRING becomes an essay about our present, carrying traces of the past – a sense of belonging, of perceiving oneself as part of an ecosystem. Meanwhile, society has moved forward with no regard for the natural order. Yet the order of nature continues ceaselessly, only interrupted by humankind sneaking in, convinced it can change the rules of the game.

A quartet of dancers moves in the rhythm of social patterns they have adopted without questioning why. They have accepted this current, accustomed themselves to it. But what if it runs directly against them? What if nature carries within itself a much greater wisdom – one that has been utterly forgotten in our times?

Its strength lies in the simple flow of time without intervention, in the power of renewal and decay. A cycle that makes sense, a belief in endlessly streaming life, a perception of the world as a continuum unfolding in the present moment. It is space and time at once, ordinary and extraordinary, past and future.

We are trapped in the in-between, caught between present and future. We are neither here nor there. And so we return to the past – to the old perception of “lived nature” – hoping that it might finally anchor us in a livelier present, in reality itself.

SPRING arrives in empty streets,
like an unexpected guest,
yet we sit silently inside,
struck by our own shadows.
Only the rustling of branches reminds us
that the world outside still breathes,
even if it sounds like a distant tale.
(Viola Fischerová)

Performance dates:

28th of September 2025 – Monastery Plasy

12th of October 2025 - Žižkostel, Prague

13th of November 2025 – Moving Station, Pilsen





Trailer of our newest project JARO:
<https://f.io/njWtXPb2>

Natálie Paulasová (*1997)

Dancer

In 2016 she graduated from the Dance Conservatory of the City of Prague. During her studies, she took part in numerous internships: at the Koninklijk Conservatorium in The Hague, with Romana Turczynowicz in Warsaw, at the Royal Danish Ballet School, at the Ballet Masterclasses of Daria Klimentová in Prague, and at the International Contemporary Dance Workshop in Prague. She also became a finalist of the International Ballet Competition in Plzeň. In 2016 she joined the ballet company of the J. K. Tyl Theatre in Plzeň. Since 2020 she has been a soloist of Laterna magika in Prague, where she performed the leading role of Venus in the legendary production *The Magic Circus*. She also participated in the project *New Normal*, a dance film choreographed by Nataša Novotná and Jiří Pokorný, which was awarded by the Montreal Independent Film Festival. Since 2022 she has also been a soloist of the Prague Chamber Ballet, performing in productions such as *La Strada* (Jiří Bubeníček), *Black Clouds Do Not Cry* (Jiří Pokorný), *Epitaph* (Petr Zuska), and *Two Graves* (Marek Svobodník). In 2023 she co-created, together with dancer Markéta Pospíšilová and choreographer Asier Edeso, the full-length dance performance *THE CHOICE*. In addition, she holds a Master's degree from the Faculty of Philosophy of the University of West Bohemia.

[Showreel](#)

Robert Koch (*1999)

Dancer

In 2020 he graduated from the Dance Conservatory in Brno. He became a finalist at the International Ballet Competition in Plzeň, won 2nd prize at the European Ballet Grand Prix in Vienna, and 1st prize along with the overall winner's award at the International Ballet Competition in Slovakia, and also participated in the IBC competition in Varna. From 2014 to 2017 he attended summer dance workshops in Prague. In 2020 he joined the National Theatre Ballet in Brno, where he performed in productions such as *The Nutcracker*, *Swan Lake*, *The Sleeping Beauty*, and *La Bayadère*. From the contemporary repertoire he danced in *Radio and Juliet* by Edward Clug, *Walking Mad* by Johan Inger, and *The Lady of the Camellias* by Valentina Turcu. In 2021, together with choreographer and dancer Carolina Isach, he became a finalist of the Certamen Internacional de Coreografía Burgos & New York in Spain with the duet *Gaslight*. Since 2024 he has also been active as a teacher and began collaborating with the Prague Chamber Ballet, where he became a soloist in the 2024/25 season. Here he performs in productions such as *Kytice*, *For My Country*, *Rose*, *Intimate Letters* by Petr Zuska, *From My Life* by Pavel Šmok, and *La Strada* by Jiří Bubeníček.

[Showreel](#)

Oldřiška Neumannová (*2002)

Dancer

In 2015 she entered the Dance Conservatory – Dance Center Prague – where she studied classical dance, modern dance, and jazz. In 2018 she won the WCOPA dance championship in the USA. Already during her studies she began collaborating with the Prague Chamber Ballet, where she is now a soloist. She can be seen in choreographies such as *For My Country*, *Carmina Vetera*, *Intimate Letters*, *Update 24*, and in the leading role of *Kytice* (Petr Zuska). She also performs in *La Strada* (Jiří Bubeníček), *From My Life* (Pavel Šmok), and *Black Clouds Do Not Cry* (Jiří Pokorný). Since 2024 she has also been teaching at the Dance Conservatory – Dance Center Prague.

Ennio Zappalà (*1995)

Dancer

He comes from the town of Scordia in Sicily. He began his dance studies at L'Opéra Centro Professionale Danza under the guidance of Lino Privitera. At the age of sixteen he performed as a principal dancer with the company Itai, and two years later he continued his training at Atelier Rudra Béjart in Lausanne, Switzerland, led by Michel Gascard. In 2014 he received an offer to join the Mecklenburgisches Staatstheater Schwerin in Germany under the direction of Sergei Gordienko and Jutta Ebnother. Later he collaborated as a freelance dancer with the dance and music company ACE in the United Kingdom under director Gail Parmel, performing in cities such as Jakarta, Beijing, and later in Albania. He became a member of the ballet company of the F. X. Šalda Theatre in Liberec at the beginning of the 2019/2020 season, and since the 2022/23 season he has been a soloist of the Prague Chamber Ballet. In 2024 he was shortlisted for the Thalia Award for his role as Zampano in Jiří Bubeníček's production *La Strada*. In the spring of 2025 his choreographic debut *What a Funny Moment* premiered at the F. X. Šalda Theatre in Liberec.

Carol Isach (*1985)

choreographer

She studied at the Dance Conservatory in Valencia and at Scaena Carmen Roche in Madrid. She then joined Ballet Carmen Roche, Ballet Madrid, Landestheater Linz, and most recently the ballet company of the National Theatre Brno. There she danced both classical and contemporary repertoire, performing in works by George Balanchine, Lukáš Timulák, Dan Dăteu, Marek Svobodník, Petr Zuska, Nacho Duato, Jiří Kylián, and Mário Radačovský. In Brno she began choreographing for the “Young Choreographers’ Evening” and later for the main company’s repertoire with pieces such as *Solipsistic*, *Gaslight*, and the project *Noosféra*. She became a two-time finalist of the Spanish choreographic competition Burgos–New York with *Gaslight* and *Teatro*. Her recent works include presentations at the Valencia Dance Festival, Mígrats Dansa 2023, Firenze Dance Festival and DFERIA (San Sebastian) Her piece *Distant Instant* (2024) created for the Junior Company of the National Theatre Brno opened the Next Generation Festival at the Royal Opera House in London. She has recently completed her choreography studies at the Conservatorio Superior de Danza Nacho Duato in Valencia.

[Showreel](#)

Petr Stupka (*1993)

composer, multi-instrumentalist

He graduated from the Brno Conservatory in 2014 and later from the Janáček Academy of Performing Arts in 2018. In the past he has been a member of the Brno Philharmonic Academy, a guest member of the theatre Husa na provázku, a permanent member of the chamber string orchestra Virtuosi Trebíčenses, as well as Musica da Camera. He also teaches at the Jaroslav Kvapil School of Arts. His main focus is chamber music, where he is an active member of the string quartet Aiera and also expresses himself as a composer. As a performer he is devoted to his solo project, in which he combines the acoustic sound of the cello with effects and synthesizers.

<https://soundcloud.com/svetrpetr/tracks>

Martin Krčmář/Nior (*1997)

composer, DJ

Nior, a Prague-based producer and DJ, creates music and is an active presence on the city’s club scene, where he organizes his own music events and live performances. His productions and selections resonate with a deep, dense, and fresh-sounding groove, allowing him to seamlessly blend various genres. He is a founding member of Báže Collective, a label dedicated to showcasing the deeper side of alternative electronic music.

[Playlist](#)

Hana Valtová *1999

costume/fashion designer

Hana Valtová is a Czech fashion designer, founder of the brand VALTOVA, and a Master’s graduate of the Studio of Fashion and Footwear Design at the Academy of Arts, Architecture and Design in Prague (UMPRUM). Her work focuses primarily on applying historical research to contemporary garments. She brings admiration and respect for traditional tailoring into her collections through precise handcrafting of individual pieces and the use of high-quality materials. At UMPRUM she successfully completed her bachelor’s studies under the guidance of Professor Liběna Rochová. Since 2015 she has undertaken internships in the studio of Zuzana Kubíčková, where she gained valuable experience in the fashion industry. Over the years of her studies she has collaborated on numerous projects within the Czech fashion scene. Her work has repeatedly appeared on the runway of Mercedes Benz Prague Fashion Week as part of UMPRUM’s Studio of Fashion and Footwear Design shows. In 2024 she won the prestigious Van Graaf Junior Talent award.

hanavaltova.com

David Krňanský (*1987)
set designer, painter

A prominent figure on the contemporary Czech art scene, he combines geometric abstraction with the legacy of Constructivism, creating works that resonate with a modernist aesthetic. While his use of basic geometric forms reflects the principles of Czech Constructivism, Krňanský brings a unique, intuitive approach to painting that lends his compositions a dynamic, organic quality. This combination of structured geometry and instinctive creativity allows him to redefine traditional boundaries in Czech visual art and to create a distinctive dialogue between past and present.

davidkrnansky.com

Jan Matoušek (*1984)
grafický designér

A graduate of the Academy of Arts, Architecture and Design in Prague, Studio of Graphic Design and New Media (2011), he completed his diploma project *City=Medium*, which resulted in an extensive publication (*City=Medium*; Jan Matoušek, Vladimír 518, Markéta Vinglerová; BiggBoss) and was awarded the prize for Most Beautiful Czech Book of the Year in 2012. In 2019 he created the graphic design for the exhibition and publication on *Laterna magika* (*Deconstruction of Laterna magika – The Dictator of Time*; NFA and Faculty of Arts, Charles University), for which he was named Graphic Designer of the Year in the Czech Grand Design Awards. His other authorial projects include the book *Squadron* (BiggBoss, 2019), the visual identity of the National Cultural Monument Vyšehrad, and the graphic design of the books *Metrovize* and *Nádech výdech* (BiggBoss). His work focuses primarily on the creation of visual identities and the development of custom typefaces. He combines a craft-based and experimental approach to graphic design and typography.

<https://jan-matousek.com>



In 2023 the association KULTUM – You Can Duet., z.s. created a dance project titled CHOICE. It was once again an international collaboration with a Spanish choreographer and former dancer of the renowned Ballets de Monte Carlo. The performances were highly successful, with reprises of CHOICE staged across the Czech Republic: in Ostrava, where the production opened the jubilee tenth edition of MoveFest; in Pilsen with the support of the cultural space Moving Station; and in Prague at MeetFactory. Most of the venues were nearly sold out, and thanks to the interdisciplinary connection of contemporary dance with spoken word performed by National Theatre actor Igor Orozovič, the project succeeded in attracting a diverse audience. The driving forces behind the project were Markéta Pospíšilová, also a former dancer of Ballets de Monte Carlo, and Natálie Paulasová, soloist of the Prague Chamber Ballet.

showreel:

<https://youtu.be/wmBjVonBbwQ>

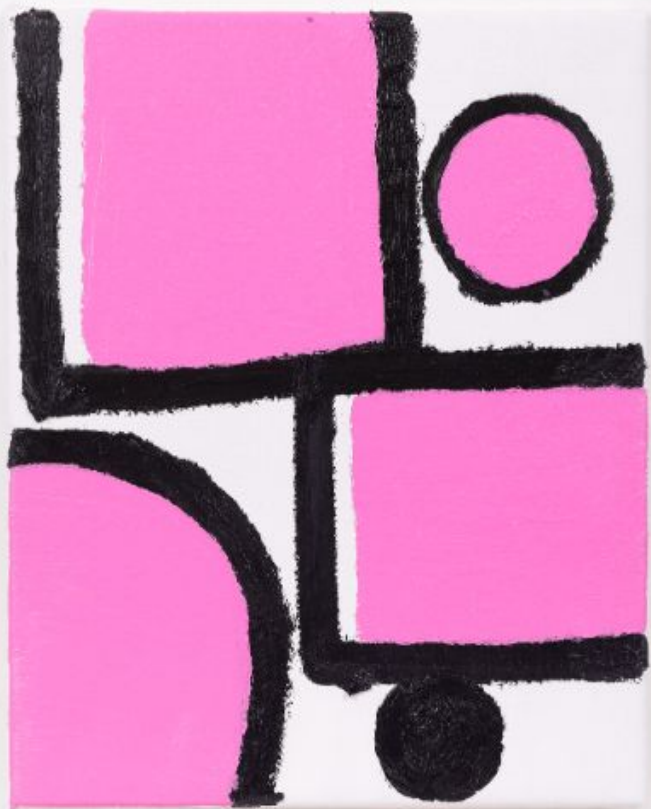














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