

Barbara Duchow

Born in 1966 in Hamburg, Germany

Internationally working performer, coach and director based in Hamburg, Toulouse, Athens and New York. More than 20 years of experience as an actress, singer and presenter for different theater, television, films, fashion shows and music projects. Since 1993 producer and director for commercial marketing and technology events in Germany as well as for commercial and personal fashion and music events. Since 1990 creator of many workshops of acting, choreography and creativity for actors and performers, individual coaching focused on voice and body work for managers and Power Yoga and meditation teachings. Since 2020 official member of Yoga Alliance™ as a Registered Yoga Teacher (RYT™). Currently workshops for presence, voice, expression, communication dynamics, active relaxation techniques, various diagnosis and team building (manager, therapist and business coaching).

EDUCATION

- 2020 Official member of Yoga Alliance™ as a Registered Yoga Teacher (RYT™)
ID: 321802
- 2016 – 2018 Coordination technique, Bral School of Acting by Grzegorz Bral, Director of Song of Goats Theater, London, England
- 2012 - 2014 Systemische Therapie, Institute for Systemic. Program by Uta Karschnick, Hamburg, Germany
- 2012 Voice-training for Rock / Metal Music with Catharina Boutari (Coach), Hamburg, Germany
- 2011 Teacher Training, Synapsing by Nila Aalia, London, England
- 2004 – 2005 Power Yoga, Professional Training, Studio ASANA, Athens, Greece
- 2002 – 2003 Aerial Yoga Teacher, Training and Therapy, Swaha Yoga Studio, Athens, Greece
- 2002 Camera Acting, Masterclass with Rolf Liccini, Coaching Company Berlin, Germany
- 1995 – 1996 Performing Arts, Guest Study Program, Arts College E.D.D.C., Arnhem, Netherlands
- 1992 – 1995 Dance and Drama, Stage School Hamburg, Germany
- 1992 – 2002 Acting, intensive study program with Nila Aalia (Coach), SYNAPSE (by Nila Aalia) C.C, London, England
- 1986 – 1990 Mode Design, Akademie JAK, Graduation Dipl. Designer, Hamburg, Germany

COACHING AND TRAINING

2020 Official member of Yoga Alliance™ as a Registered Yoga Teacher (RYT™).

Since 2012 until today:

Coach and trainer for Leadership, Assessment Center, Teambuildings and One to One coaching.

Workshops for presence, voice, expression, communication dynamics, active relaxation techniques, various diagnosis and team building (manager, therapist, business coaching).

References:

- Coach / Trainer for Evonik, Frankfurt
- Coach / Trainer for E.ON., Hamburg
- Coach / Trainer for Management Circle, V.I.E.L, Airbus (AC in Cooperation with Kienbaum Management Consultant GmbH), Toulouse – Hamburg – Munich – Ibiza
- Communication dynamics and active relaxation techniques training monthly for managers, International Assessment and Development Center, Airbus Group, Toulouse
- Creativity training and team performance improvement for the department "Signal product development", Plath GmbH, Toulouse – Hamburg – Munich – Ibiza

Since 2015 Mindfulness in Performance Workshop, Ibiza

Guided meditations in Resonance Space Body-Mind Workshops, Hamburg

Since 1990 until today:

Workshops for acting, choreography and creativity (actors and performers). Individual coaching: voice and body work for managers and Power Yoga Teachings.

EVENT DIRECTION, SHOW PRODUCTION, PRESENTER AND COACHING

Since 2018 Lunattack und Elephant Memories. Live music production, Hamburg – Toulouse

Since 2015 Lunattack - Pont Neuf Live Experience. Live music production, Hamburg – Toulouse

2017 – 2018 Phoenix Contact. Direction & Coach. Augmented Reality Show, Nürnberg – Frankfurt Messe

2017 Viessmann. Direction & Coach. Messe ISH, Frankfurt

2016 Patek Philippe Uhren. Direction & Coach. Presentation at the Bayrischem Hof, Munich

2016 Viessmann. Direction & Coach. Augmented Reality Show, Nürnberg – Frankfurt Messe

2014 Jungheinrich / Profine. Fair and Product-Staging, Nürnberg Messe, Nürnberg

2012 René Lezard Mode. Fashionshow Direction, Nürnberg Messe, Nürnberg

2012 Microsoft. Show Direction, CEBIT Hannover, Hannover

2009 – 2012 Academie JAK. Fashion show Direction, Hamburg

Since 1989 – 2012 Presenter for various fashion shows by Akademie JAK, Hamburg and trade fairs for companies such as BOCO workwear and many other companies in Germany

2010 Sissirossi Temporary Store, Fashion-Performance-Show Production, Lucas Carrieri Art Gallery, Berlin Fashion Week, Berlin

2007 Sony Playstation London. Press Conference Direction, Gameconvention Leipzig

Groz-Beckert. Co-creativity Research Center for Textiles, Deutschem Museum Munich

JAK and deutschen Welthungerhilfe. Direction & Event Presenter, Hamburg

Museum für Kunst und Gewerbe. Direction & Event Presenter, different events, Hamburg

2006 Event Direction for: Breitling, Schmuckmesse, Basel / Kulturbehörde Hamburg, China Fashion Time / Sunflower – 1701 Game Release, Microsoft and Brouwer Shipping, Hamburg

2005 Samsung. Show Production, Product launches Fair, Korea – Malta

Dachser, Event Direction und Choreography production, Product launches Fair, Frankfurt

Since 1993 Live Performance Production, Choreography and Event Presenter for various fashion and image show (MCM-Mode, Schwarzkopf, Goretex, Reebok, BMW, Mont Blanc, Boco, Teamdress, Karstadt, Expo, MTV, Telekom, Einkaufszentrum Quarree, Talkline, Coca-Cola, Fanta, Sierra Tequila, Premiere World, Century Fox, Tommy Hilfiger, Esprit, Marc O Polo, AEZ und Front Line, Museum für Hamburgische Geschichte), Hamburg

- Benefiz St. Michaelis. Event Direction in Cooperation with Hamburger Abendblatt and Akademie JAK, Hamburg
- Jonsen & Jonsen. Event Direction, Medical exhibition fair, Cologne
- Gwand. Event Direction, International Fashion Competition, Switzerland
- NIKE. Event Production for Store openings and CEBIT Basketball Freestyles show, Hamburg; Olympic Stadium – Cooperation with BOSCH, Football Freestyles show, Munich
- Photokina. Live Performance Production und Choreography, Cologne
- Lufthansa Technik. Event Direction, Hamburg
- Enneagramm -Theater. Direction of various theaters pieces, Hamburg

1992 – 1999 Presenter on Tour for MTV Martini Bianco, Sierra Tequila, Coka Cola, Pink Fanta and others, Germany

FILM AND TV

2022 - 2021 Commercials for Sarah's Blessing CBD-Fruchtgummis, Schenker and *Glow und Giesswein* social media campaign by Giesswein. Escape Filmproduktion GbR, Germany

2020 Der Schlüsselhalter. Short film. Role: Wife. Director: Hannah Fee Kreuzer. Production: Independent, Germany

2019 Space. Part: 2. Short film. Role: Woman. Director: Rubén Muñoz, Germany

2016 TV-Serie: Main dunkle Geheimnis. Season 3, Episode 61: Letzte Chance. Role: Ella (Mother). Director: Christian Blome. Production: Schwarzkopf TV, Germany

2014 TV-Serie: Main dunkle Geheimnis. Season 1, Episode 205: in schlechter Gesellschaft. Role: Isabelle. Director: Christian Blome. Production: Schwarzkopf TV, Germany

2012 Gnade. Role: Neighbor. Director: Matthias Glasner, Germany

2010 Clara (Qualities of Light). Short film. Role: Clara. Director: Martin Sambauer, Germany – USA

2007 TV-Serie: Die Rettungsflieger. Role: Dr. Mertens - The Ophthalmologist. Director: Donald Kraemer. ZDF, Germany

2006 Various commercials for Vodafone and Maggi, Germany

2005 ef.teh.air. Length feature film. Role: Farell. Direction: Bianca Jobst, Germany

2004 Britspotting – 48 hours Film Challenge. Short film. Starring role. Director: Bianca Jobst, Germany

2000 Vera Brühne. Sat.1. Rolle: neighbor. Regie: Hark Bohm, Germany

2000 Die Männer vom K3. NDR. Role: Police woman. Direction: Jan Ruzicka, Germany

2000 Küss mich. Tiger. ARD. Director: Jan Ruzicka, Germany

THEATER AND PERFORMANCE ART

2019 Prometheus. Role: the soul of Prometheus. Director: Hannah Kreuzer. TIK Theater, Berlin

2009 – 2012 Die Elfen. Various international appearances with interactive improvisations and performances. Role: Elfe. Die Elfenagentur, Hamburg

2009 Sissirossi Temporary Store, Opening-Performance. Role: The Praying Mantis. Cooperation with Martin Sambauer (Director) and Swen Kählert (Art-Direction), Lucas Carrieri Art Gallery, Berlin

2007 Performances by Butch Morris, Living Theater und Laundryspaces, New York

2007 Phoenix Factory. Role: Clara. Director: Daniel A. Jones. Theatre Allgo Austin, Texas, New York, Minneapolis

2006 Phoenix Factory, Premiere. Role: Clara. Director: Daniel A. Jones. Theatre Allgo Austin, Texas, New York, Minneapolis

2006 ID-Club. Role: Copilot. Director: Martin Sambauer, Hamburg

2004 Die Welt ist Rund O. Auf der Linie–auf dem Strich. Role: Babs, Andre Heller. Director: Telat Yurtsever. Fußball – Globus Hamburg

2004 Phoenix Factory. Role: Clara. Director: Daniel A. Jones, Austin – New York

2001 Guten Abend, schöne unbekannte. Role: die unbekannte Kabarett. Director: Eberhard Möbius. Theaterschiff, Hamburg

2000 Don Juans zweite Frau. Role: Marianne. Director: Daniel Witzke. St.Pauli-Theatre, Hamburg

1999 Greetings from Paradise. Director: Jochen Roller. Junge-Hunde-Tanztheater, Kampnagel, Hamburg

1999 Yesterday. Role: Singer of Liverbirds and many others (Ensemble). Director: MATZE. Star Theater, Musical, Hamburg

1999 Enterprise. Role: Diverse Star Trek personalities. Director: Alia Hawa. Theaterimprovisation, S3 AG, Hamburg

1998 – 1999 Star-Club – die Story. Rock-Musical. Role: Liverbird, Nutte. Director: Matthias Kahle. Delphi-Theatre, Hamburg

1998 Fratzer. Role: Frau Kaufmann. Director: Alia Hawa, Kammerspiele, Hamburg

1996 – 1997 Dream Landscapes. Role: Ensemble. Director: Alia Hawa, Kampnagel, Hamburg

1995 – 1996 Various Shows, Kunsthochschule Arnheim, Netherlands

1992 – 1993 Various supporting roles, Staatstheater am Gärtnerplatz, Munich

1988 – 1990 Various supporting roles, Deutschen Schauspielhaus, Hamburg

MUSIC AND LIVE PERFORMANCES

2022 Midsummer Festival, Lunattack. Vocals and Live Music Performance, Airport Neuhardenberg, Berlin, Germany

2021 *Lost in Teil*, Original Song. Songwriter and Composer with Jacqueline La, *Wonderline*, Lead voice, collaboration with Graham George, Real World Producer Camp Vol 1, Album, various artists, Producer Camp, Wiltshire, England

2021 Lunattack (Unplugged Sessions Vol.1), EP, Lunattack and Lucas Ghelfi. Record producer, songwriter, singer and music director. Lone Kent's Studio, Toulouse, France

2021 Lunattak and Elephant Memories, Live in the Bathroom Sessions, Vocals and Live Music Performance, Lunattack Official YouTube Channel, Toulouse, France

2021 *Gate 38, Let me Shine, This is Moon and Strange Lover*, Lunattak and Elephant Memories, Music Videos. Vocals and Music Video Performer. Toulouse, France

2021 Moon Kiss, LP, Lunattack and Elephant Memories. Record producer, songwriter, singer and music director. Lone Kent's Studio, Toulouse, France

2020 Nacht, Lunattack. Vocals and Music Video Performer. Music production by SIJO and Niklas Lüders. Songwriter: Niklas Lüders. Video art by Arnaldo González. Hamburg, Germany

2020 Lunattack and Elephant Memories. Vocals and Live Music Performance, Le Metronum, Toulouse, France

2019 Lunattack and Elephant Memories. Vocals and Live Music Performance, Les marins d'eau douce, L'Usine à Musique, Toulouse – Halle 424, Hamburg, Germany

2019 Escape, EP, Elephant Memories feat. Lunattack. Vocals. Studio Le Cerisier, Toulouse, France

2019 L'Eternité, EP, Lunattack and Dan Easley. Songwriter and Vocals. Towndowner Record, Virginia, USA

2019 Dream in Black and White, Original Song. Songwriter and Composer with Graham George, Beatcamp #003, Album, various artists, Real World Records, Wiltshire, England

2019 Fly to the moon, Lunattack. Vocals and Live Music Performance, La Sainte Dynamo, Toulouse, France

2018 – 2019 Helden, Cover Band of Toulouse. Vocals and Live Music Performance.

2017 Lunattack, Pont Neuf Album Release. Vocals and Live Music Performance. First Stage Theater, Hamburg, Germany

2017 Pont Neuf, LP, Lunattack. Record producer, songwriter, singer and music director. Pussy Empire Recordings, Hamburg, Germany

2016 Lunattack in Konzert. Vocals and Live Music Performance. Halle 424, Hamburg

2012 Rad Kick, Metal Rock Band. Vocals, Hamburg, Germany

2009 – 2012 Irish Bastards. Various dance performances with live music, Hamburg, Germany

2009 – 2012 Tinkerbells. Diverse Gesangsauftritte. Vocals and Live Music Performance, Hamburg, Germany

ARTIST RESIDENCY

2021 / 2019 BeatCamp Real World Studios, Wiltshire, UK. Immersive masterclasses and professional sessions between musicians and singers co-working and recording tracks in the Peter Gabriel's Real World Studios.

INTERVIEWS

2022 Wisdom Feast Podcast: "My Success. My Story" talking with Barbara Duchow. Original in English. By Wahida Mohamed.

[Listen/Link](#)

2016 Soundscout: Barbara Duchow talks about "Lunattack from Hamburg and Toulouse". Original in German language by Martin Risel. © Deutschlandradio

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PARTNERS

[Kienbaum](#) Consultants International GmbH

[Diversus](#) - Graphical Search Engine

[Atelier Markgraph](#) - Designstudio für Kommunikation

[Stage Directors](#) -Event Managing for companies and organisations

[Resonance Space](#) - Sound & Light Brain Relaxation

[Stereolize](#) - Creative Agency for Interactive Brand Experience

[DasIntegral](#) - Büro für Inszenierung und Kommunikation GmbH

[Akademie JAK](#)

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