



[VERSION ESPAÑOLA](#)

Bridges, International Theatre Residence, the theatre meets community

25 Julio – 5 August Cap – Sizun (France)

Directed by:

[Gregorio Amicuzi](#) (Residui Teatro, Spain-Italy) – directing and physical theatre
[Viviana Bovino](#) (Residui Teatro, Spain-Italy) – dance-theatre and singing

Guest master:

[Vaishali Trivedi](#) (Katamb School, India) - Kathak Classic Dance

A versatile Indian artist - dancer of the ancient Indian dance of Kathak, choreographer, singer and a teacher. Vaishali Trivedi is currently working in one of the most prestigious schools of Kathak in whole India, directed by Kumudini Lakhia. Trivedi is working on numerous collaborative projects with European artists trying to interweave a bridge between the East and the West.

Bridges is a travelling residential theatrical laboratory with the duration of 10 days (90 hours of formation courses). Now in its second edition, Bridges was based on the idea of creating a bridge between the theatre and the local community, and it offers two parallel spaces – one of

the intensive investigation and creation for an actor and/or dancer, and the other of interaction and creation with the local community.

On one side, the participants who are professionals, will have the opportunity to attend an intensive and highly specialized theatrical laboratory that will allow them to expand and deepen their knowledge of different techniques coming from theatrical traditions of both Europe and Orient. On the other hand, the members of the local community where the meeting is held will be invited to participate in some meetings during the formation and to take active part in the final show.

In the mornings the professionals will be working in contact with the nature - practice the techniques of yoga, physical theatre, dance and singing, whereas in the rehearsal room they will work on text and practice dance-theatre techniques.

The afternoons will be reserved for creative work, they will be using the theatrical improvisation, manipulation of the objects, collective dramaturgy, choreographic composition and singing. The contact with the local community will be established spontaneously, by occupying the public spaces and encouraging intergenerational exchange through different artistic activities proposed to the local population willing to participate regardless of age and health condition. The emphasis will be put on cultural exchange¹, local traditions and the requests that come directly from the local population.

In addition to this, the members of the local community interested in the event will be invited to participate in the afternoon sessions during which they will realise theatrical activities, along with the residential participants, with the aim of eventually creating a cohesion and connectedness within the group and develop group scenic material proposal.

The creative work will be presented in the final show organized in the local village (touring, or in a specific zone of the village).

The main theme of the artistic work

„Even though a tree may grow very tall, its leaves will always fall down returning to its roots“

Chinese proverb

This year the theme of the **Bridges** workshop is “My country, my roots”. Where do I come from? What is my relationship with my origins, my roots? My country, country where I come from, the country that embraces me and nourishes me.

The country that I take care of, and, in return, it takes care of me.

How can I develop a harmonious relationship with the earth? How do I respect the earth? The earth, the seeds, the growth, all form the basis of our experience as human beings. The relationship that we have with the earth influences our personal relationships and the relationship that we have with ourselves. Knowing our roots allows us to connect with ourselves, with the deepest part of our own being. This is why we think it important that the artistic work begins with the personal search for our own origins, to get to know ourselves, the body and the earth that we inhabit.

Both the professionals and other participants coming from the local communities will be invited to reflect on this subject, to gather experiences, texts and images connected to the subject.

We will make references to “Permaculture” for its typology of the relation with the earth that anticipates a system in which different species, plants and animals, coexist in harmony.

This reflexion can be found on the path of Wano KoKoro (harmony with the universe), an artistic practice developed by Keein Yoshimura using the techniques of the theatre, dance and Japanese martial arts.

The specific goals of the meeting are as follows:

To offer the participants tools of high theatrical formation that can be useful in defining a versatile professional profile

To use the art as a tool of personal transformation and to cultivate and develop the community.

Program of the workshop:

The laboratory will explore the creative process of the actors/dancers focusing on the 4 topics of the reflection:

The bridge between the training and the creation

The bridge between the different disciplines

The bridge between Oriental and Western theatrical cultures

The bridge between the theatre and the urban space.

The sessions will be from 8:00 am till 1:00 pm, and from 3:00 pm till 7:00 pm and will entitle:

Training and Creation with Gregorio Amicuzi and Viviana Bovino

Respiration and sensorial anatomy;

Yoga;

Physical exercises and plastiques;

Textual training: prosody (volume, intonation, pause, segmentation) and the search for organic text;

Basic acrobatics for an actor/dancer;

Training method "Unknown Dance", physical principles that generate the dance and the action in movement, a holistic approach to the body;

Relation between dancing and singing;

Dance-theatre techniques and interaction with the space (urban, rural, nature);

The use of objects;

Improvisations – physical and vocal;

Creation of the physical and vocal scores;

Creation of collective and individual choreographies;

Character creation;

Creation in relation to urban space and nature;

Staging.

During some afternoons complementary activities will be organised, such as:

Screening of the videos of the demonstrations of work

Participation in the activities organized by the local community.

Meeting/interview with the guest artist from the Orient.

Night sightseeing at the historical centre in the company of the local guides (in Spanish and English).

Training and Creation with Vaishali Trivedi:

Vaishali Trivedi will lead you through some basic elements of classical Indian dance form of Kathak. This dance was originated at the banks of river Ganga in the North India, It was initially only performed by sacred men. It is characterized by its rhythmic and vibrant style, full of quick, intricate footwork and pirouettes. Kathak means a person who tells stories. A combination of abstract and narrative movements to depict mythology, footwork, pirouettes, rhythms, hand gestures "mudra", facial expressions, body language and storytelling define this old tradition and will be used during the workshop.

The working session will be conducted in English, Italian and Spanish.

Participants are required to:

Send CV and motivational letter;

Bring comfortable clothes for the training sessions both indoors and in the open space (trainers, comfortable long trousers (ankle length), etc.);

Bring a text related to the main theme. Send it and learn it by heart;

Bring elegant clothes and comfortable shoes that may be used for the final show;

Bring musical instruments and props that you would like to use in the final show;

Bring four illustrations or pictures related to the theme of the show. Send them by email and bring them in hard print or tablet/laptop.

Inscription fee and deadlines:

The residential laboratory costs 295€ (90 hours of formation courses) (250€ for participants from Eastern Europe, 265€ for the students or ex-students of annual courses of Residui Teatro).

The fee includes all the activities included in the residential laboratory. The accommodation and food will be provided by the association/commune which collaborates in the realisation of the project.

For the participants who do not need the accommodation and food, and want to participate in the laboratory, the fee is 200€ (it includes only the cost of the laboratory).

The inscription deadline is 20th of June.

Where:

Mahalon Cap – Sizun (France)

How to arrive:

Travel to QUIMPER

Take a plain to BREST, NANTES or PARIS, than take a bus (<http://www.viaoo29.fr/> o Ouibus, FLixbus)) or a train (www.voyages-sncf.com/) to QUIMPER.

We will pick you up in QUIMPER or, if the time of the flight will be not compatible we will pick you up in BREST o NANTES

Organised by:

Residui Teatro and Centre of Performing Arts and Crafts

With the support of:



[Strollad LA OBRA](#) is a Breton and Latin American theater company based in Douarnenez. It explore the question of minorities through artistic, social and plurilingual experimentation.

Informations and inscriptions:

Mail: info@residuiteatro.it

tlf: 0034/648665194

www.residuiteatro.com

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