

# CONTRADICTIONS'



Contradictions are not a limitation, but rather, by focusing simultaneously on opposite ideas, they open doorways for the inner, primal sources of the body and mind to resonate and flow through voice and movement. Reasoning versus nonsense, spontaneity beside intentions, perfection and imperfections overlap reflecting our existence as a dynamic fusion of contradictions.

By tracing the movement of the body through this labyrinth of oppositions, we come to a deeper understanding of our individual physical and vocal identities, the different voices that mirror our own fragility and strength. Through a laboratory model that seeks to break the borders between dance and theatre, movement and action, we will focus on transforming elements of physical training into creative improvisation embracing both experience and physical structures.

As performers hungry for better understanding of our bodies we look closely into what physical awareness means, we look into the details as they evolve to recognise our movement patterns and be able to go over them. Only by recognising our patterns we can aim to break through them and free up our creativity.



In this workshop we will focus on exercises which link techniques, improvisations and physical structures and on their transformation into potential storylines.

We find it very important to constantly challenge training with performance practice. For us it is a quest of transition between basic physical awareness (training) into creativity and further into a frame of action.

“The aim is not to create bodies that are plastic devices in service to the storytelling of theatre, but on the contrary, to instill a practice that keeps the physical body a well-cleaned instrument, capable of complex subtle expression. By engaging the entire body-mind, the body becomes a luminous reflection of the inner thoughts and the channel for the self.”

Matej Matejka

**Participants will be introduced to elements of:**

- sensitivity and listening through partner and group relations
- awakening the anatomy of the body to develop readiness for action
- transformation from physical training into creative improvisation
- composition of physical structures
- group rhythmical pulse and body rhythm
- the ritual of a respectful and focused working environment

The workshop is targeted towards practitioners with an interest and experience in theatre or dance. It is open both for professional actors and dancers. This challenge requires serious focus and precision from all engaged in the work. It is open to those who are willing to explore less common fields of physical expression.

Please send your completed application form and CV at [studiomatejka.workshops@gmail.com](mailto:studiomatejka.workshops@gmail.com)

Places are limited.

**Wed–Sun 8–12 March 2017**

The Grotowski Institute, Na Grobli Studio  
In English and Polish

**Application closing date: 2 March**

**Fee**

220 EUR\* (application and down payment before 28 January)

260 EUR\* (application and down payment between 30 January and 2 March)

160 EUR\* (for participants of *Contradictions*, *Liquid Way to Action* and *Dance of Likeness* workshops in 2017 or before that. Applications must be emailed by 16 February)

*\*The price includes lunch.*

**Workshop schedule:**

11.00 - 14.00

14.00 - 16.00 lunch break

16.00 - 19.00

**Accommodation and board costs are covered by participants.**