

DANCE OF LIKENESS

Workshop with Matej Matejka, Sam Alty and members of Studio Matejka



How deep can dance take you into yourself? How often do we realise that we repeat things that our parents, grandparents and earlier generations passed onto us? We move like our mothers, we touch like our grandfathers... Would we dance the same way to the music they danced to? And how would they dance to the music we listen to today? In this new workshop we will allow each other to go deeper into traces of traditions inside of us.

Nowadays, there is an extreme focus on the ideal body. The body has become the biggest phenomenon of the 21st century: the naked body, the beautiful body, the perfect body measured in numbers... One should not only have a perfect body, but be perfect in all aspects of life. Inspired by these themes, we want to explore them in our workshop process, confronting them with the ideals of our ancestors.

In the *Dance of Likeness* workshop, we are referring to traditional dances and music. The rich traditions will be used as a springboard for our workshop journey. The traditional dances and songs will be confronted with elements of our postmodern society.

What can be the outcome? We are looking forward to encounters with a wide spectrum of traditions brought by participants themselves. We will meet in a place where our body and voice grow in their freedom and limits, in their spontaneity and calculations, in their chaos and order, on a journey towards a deeper understanding of ourselves.



We will focus on:

- personal reflection on your traditions
- postmodern and past cultural codes of movement and sound
- participants' dance, movement and singing traditions
- disappearing practices, rituals and occupations

Participants will be introduced to elements of:

- a respectful and focused working environment
- building a personal, daily physical practice for the body and voice
- sensitivity and listening through partner and group relations
- awakening the anatomy of the body to develop readiness for action
- a physical approach to voice
- transformation from physical/vocal training into creative improvisation
- composition of physical and musical structures

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

The workshop will be held in English. As the practice is based on the platform of listening and communication through the body and intuitive experience, verbal explanation will be kept to a minimum.

Please send your completed *application form* and CV to studiomatejka.workshop@gmail.com
Places are limited.

Fee:

600 EUR (application and down payment before 30 May 2017)

750 EUR (application and down payment between 1 June and 1 September)

850 EUR (application and down payment between 2 September and 17 September)

470 EUR (for participants of Contradictions, Liquid Way to Action and Dance of Likeness workshops in 2017 or before that). Applications must be emailed by 22 July.

The fee includes accommodation in the Brzezinka forest base, organised transport between Wrocław and Brzezinka, and meals for the entire period of the work session.

Fri–Sat 22 September – 1 October 2017

Brzezinka, forest base of the Grotowski Institute

In English

Application closing date: 17 September