

MÖTE MED ALESSIO CASTELLACCI

23–27/1 2017

Öppen för: Professionellt yrkesverksamma dansare.
Tidpunkt: Workshop är mellan 14.00–17.00. inkl. kortare paus
Plats: Danscentrum Syds studio, Bergsgatan , Malmö

Workshopen sker i samarbete med Danscentrum Syd.



Photo: Ksenija Spanec

VOICE AND MOVEMENT INTEGRATION - ALESSIO CASTELLACCI

During this week, you will be introduced to different tools for improvised performance and real-time composition.

Each day we start with a physical warm-up to raise the body awareness through bio-energetic work, breath work and somatic explorations. Next to this we look at anatomical images to understand the interaction between the organs involved in the voice & movement system: psoas and diaphragm, lungs, larynx, pharynx and sound resonators. We use as well 'hands-on' and 'voice-on' partner work (diaphragm massage, spine toning) to experience of sound as vibration, and how this can be perceived as a tactile input from the body.

Instant composition / improvisation flow

From this state of soft embodiment, we look at elements of Phonetics to explore the mechanics of vowels and consonants production, tuning in with the dance of the articulators (tongue, lips, teeth, palate) that happens all the time in our speech. Going back to this micro level of coordination, one can access the endless possibilities of language as music, and organize the elements of pulsation, sound texture and melody through collective instant compositions. Once we are aware of these fine levels of the body/voice connection, I will invite you to move one to a more intuitive and sophisticated level of improvisation.

At the end of each session we take time to practice improvised performance in different configurations, allowing inner impulses to manifest and articulate in the space, working with nonlinear narratives, trusting our personal process and intuition as guidance in performance.

Alessio Castellacci är en artist och röstpedagog baserad i Berlin. De senaste tio åren har han utvecklat en pedagogisk metod för röst & rörelse. Här strålar hans tidigare studier inom utvecklingspsykologi samman med hans metod av röstsammansättning, rörelse improvisation och andning. Alessio är en av medlemmarna av kollektivet Fingersix och konstnärlig ledare för SMASH Berlin, som är ett nytt program för intensiv träning i experimentell fysisk kontext.

Sista anmälningsdag är den 8 januari 2017

E-posta ansökan, CV och kort motivationsbrev till info@dansalliansen.se

Dansalliansen

