

Rhythm, Choreography and Language - For Dancers and Actors

31 aug - 2 sep 2020

This online workshop will introduce participants to Zoe Katsilerou and Eilon Morris' practices, exploring interdisciplinary approaches to choreography and rhythmic phrasing as a means of encountering, embodying and delivering text for actors and dancers

This work is a combination of Zoe and Eilon's practices and research, whose collaboration offers a holistic psychophysical training for actors and dancers.

With each participant working in relationship to their own space, this workshop will offer a combination of Zoom-led sessions and independent tasks.

Each day will comprise of a 2 hour session each morning and another each afternoon.

Shifting seamlessly between movement, voice and text, each led session will offer tools through which performers can cultivate greater versatility and integration within their performance practices. In these sessions we will work with voice as a means of establishing deeper connections to movement, and inversely, we will draw on movement and somatic awareness to sensitise participants to their internal rhythms, the underlying rhythms of the language and text in their performances. Using these elements, we will encourage participants to tune into and draw on the temporalities of their bodies, objects and surroundings as a way of cultivating a presence with the moment, and delving into relationships with the specifics of their spaces.

Alongside the led sessions, participants will be invited to undertake personal tasks, outside the Zoom sessions, as a way of integrating the work and themes explored into their own contexts and practices.

Throughout this workshop participants will be offered a collection of tools and strategies for creating and responding to performance material with clarity, sensitivity and creativity. Encouraging play and experimentation, we will work with improvisational tools, as well as choreography, text and devising techniques for movement and language. We will draw on simple elements such as the pulse of our heart and the pathways of our movement and voice, as well as working through imaginative and creative processes.

This workshop will hold a safe environment for the participants to cultivate greater awareness of their bodies, voices, rhythms and the environments they inhabit.

The workshop is a collaboration between Dansalliansen and TeaterAlliansen.

Photo credit: Carlos Hernan

Zoe Katsilerou Zoe is a theatre maker, dancer, musician, voice coach, improviser and lecturer.

Eilon Morris Eilon Morris is an actor, percussionist, composer and writer.
Photo credit: Carlos Hernan

Ansök på https://dansalliansen.se/w/68

Ledare	**Zoe Katsilerou och Eilon Morris**
Startdatum	2020-08-31
Slutdatum	2020-09-02
Tider	Workshop 10.00-12.00 Workshop 13.00-15.00 (mån-ons)
Antal dagar	3 dagar
Sista ansökningsdag	2020-08-16
Plats	Digital workshop
Adress	Hemma hos dig