

# Workshop - Voice and Body

by Jorge PARENTE

*assisted by Zoé OGERET*

July 2017 | 03<sup>rd</sup>- 07<sup>th</sup> | 10am - 02pm



M.ZAKRZEWSKI

**FOR ACTORS, SINGERS, DANCERS, MUSICIANS AND FOR EVERYONE  
WHO EXPRESSES A DESIRE TO SING**

Inviting every participant to discover and experiment his/her own vocal identity through an exploration of the body and the voice.

The workshop will be based on « the physical actions » created and developed by Zygmunt Molik (1930-2010) who co-founded the Laboratory Theatre of Grotowski and worked as a professional actor for 25 years. He was also the head of vocal training at the Laboratory Theatre of Wroclaw (Poland), directed by Jerzy Grotowski. Jorge Parente draws his own educational approach from this major pedagogical and artistic heritage. After a long collaboration as the assistant of Molik, Jorge Parente, actor, theatre director and teaching specialist, currently develops a programme of training to pass on the method of Zygmunt Molik to new followers, in France and abroad. [www.jorgeparente.com](http://www.jorgeparente.com)

This method can be defined along the following concepts: opening oneself thanks to specific and very precise “Physical Actions”, called “Body Alphabet”. Personal exploration associating elements of the “Body Alphabet”, a sort of improvisation related to one’s own personal stories. What then emerges is another resonance, unexpected and unpredictable, source of body vibration. Exploration and harmonisation of the breath and of the movement to serve the voice. It is about keeping freshness and spontaneity at the service of the text and of the singing. The aim is to speak as one sings and to sing as one speaks, to find unity between the depth of exploration and the lightness of execution, to join the demand and the happiness of performing.

**Local :** Lisboa | Estudios Pro.Dança | Rua de São Domingos à Lapa nº8 (Esta perto do Museu Nacional de Arte Antiga)

**Informações e Inscrições :** [filiparhora@gmail.com](mailto:filiparhora@gmail.com)