

# Voice and Body

Workshop by Jorge PARENTE

assisted by António Dente



**February 2026 | 09<sup>th</sup> - 13<sup>th</sup> | 10:00 am – 02:00 pm**

**For actors, singers, dancers, musicians  
and for everyone who expresses a desire to sing**

“Voice and Body” is a method developed by Zygmunt Molik inviting each participant to individual and collective, corporal and vocal explorations. It is founded on a series of actions called “Body alphabet” working on the connexions between body, breathing and voice in the creative process.

**Zygmunt Molik** was co-founder of the Laboratorium Teatr of Jerzy Grotowski. He was one of the main actors and was in charge of vocal training.

**Jorge Parente** is an actor, theatre director and teaching specialist. As pupil and then as assistant he studied over 18 years with Zygmunt Molik. Supported by the Grotowski Institute since 2011, he transmits “Voice and Body” in France and abroad.

**António Dente** has been Jorge's pupil for 11 years and he is his assistant since 6 years.

**Location:** : Lisboa|Estudios Pro.Dança| Rua de São Domingos à Lapa n°8  
(close to Museu Nacional de Arte Antiga)

**Inscriptions: 320 euros** Please contact [filiparhora@gmail.com](mailto:filiparhora@gmail.com) +351 96 9291161

**More informations : [www.jorgeparente.com](http://www.jorgeparente.com)**

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**MOLIK\_PARENTE**