

# Voice and Body

Workshop by Jorge PARENTE

assisted by António Dente



**March 2026 | 20<sup>th</sup> - 23<sup>th</sup> |**

**on friday 20 from 1:30 pm to 6:30 pm**

**on saturday 21 and sunday 22 from 09:30 to 12:30 am and from 2:30 to 5:30 pm**

**on monday 23 from 09:30 am to 2:30 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 10 years and he is his assistant since 5 years.

**Location:** |SEMINARPARADIES| 130 Le Cornu 70440 | Le Haut du Them | France

**Inscriptions: 500 CH**

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