

# Voice and Body

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## MOLIK\_PARENTE

Workshop by Jorge PARENTE

Assisted by António Dente

April 2026 | 20<sup>th</sup>- 24<sup>th</sup> | 01:30pm – 06:30pm

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 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 12 years and he is his assistant since 7 years.

**Location** : **La Guillotine** : 24 rue Robespierre 93100 Montreuil / Métro line: Robespierre (Ligne n°9)

**Cost** : 450 euros

**Inscriptions** : [zoe.ogeret@gmail.com](mailto:zoe.ogeret@gmail.com)

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

Guillot<sup>la</sup>ne