

Voice and Body – Polyphonies

Vocal and teatrical practise workshop in two modules

Voice and Body Molik_Parente : Jorge Parente assisté d'Antonio Dente
Polyphonies : Jean-François Favreau

In Lisbon, monday 09 May to friday 13 May , 10:00 am to 05:00 pm
(with one hour break for lunch)

Mornings : Voice and Body Molik_Parente

Jorge Parente's approach is based on the educational and artistic work of Zygmunt Molik, an actor researcher and teacher.

Organized as a series of physical actions developing a connection between body, voice and breath, his "Body Alphabet" is a space for attunement and experimentation, which opens and releases subtle creative energy, and offers a valuable support for vocal practice.

This progressive, collective and individual practice involves learning these physical-vocal actions, individual and group explorations, and improvisations.

Then emerges, at the crossroads with the artistic practice and the human history of each, an unexpected and unpredictable resonance, source of vibration of the body, which will allow to undertake a more personal work.

For this, participants are requested to come with a text and one or two individual songs, carefully learnt by heart.

***Zygmunt Molik** is one of the major actors in the company of the director Jerzy Grotowski, and a great researcher and pedagogue of the Polish "paratheatre".*

Jorge Parente, actor and director, followed his teaching for twenty years and was his assistant. Appointed by Z.Molik to extend and transmit his practice, he has been the guardian of this tradition for more than ten years, teaching this vocal practice which involves the body and the entire Being. He teaches in Brazil, Croatia, England, France, Italy, Norway, Poland, Portugal, Romania and Thailand.

Afternoons : Polyphonies

This workshop offers an immersion in the sound of collective singing. It consists in nourishing, by an effort of the breath and the vibration, listening, and seeking, inside the sound, by the opening of the voice and the ear, the feeling of "the perfect harmony ". This is heard in a musical (harmonic) sense, but also in the human field of each encounter – a relationship that is not social but vibratory.

Along the way, we will learn a repertoire of popular, secular or sacred songs, trusting the body and collective memory. Through a sequence of initiatives we will hold together the life of a song, with its birth, its peak and its resolution, based on the physical and emotional effect (the "thrill"), but also on history and oral poetry that is conveyed, even if it means letting our imagination find its own way.

***Jean-François Favreau** is an actor and director, trained in France and Central Europe, notably at the Grotowski Institute in Poland, where he worked for ten years with Teatr ZAR. There he met Zygmunt Molik and then Jorge Parente. He participates and sponsors many researchs trips and an ongoing relationship with traditional singers (from the Mediterranean islands, the Slave world, the Caribbean, Center-France...), and organizes meetings, actions and workshops, around oral transmission, in particular within "Site de Pratiques Théâtrale Lavauzelle", in Limousin, which he co-founded in 2010.*

In Lisbonne|Estudios Pro.Dança| Rua de São Domingos à Lapa n°8

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Cost : 345 euros

Registration : **Filipa Hora** : filipahora@gmail.com Tel :+351 96 9291161