

INART

COMMUNITY
ARTS
FESTIVAL

PROGRAMME // workshops

CONTEMPORARY DANCE WORKSHOP

18 FEB. monday | 10.30am – 1.30pm // Pro.Dança

Reading Information in Motion

Silke Z. | DE

<http://www.resistdance.de/>



It will be explored the diverse world of perception and awareness, getting inspired by the information that the world provides us, which will be used as an inspiration to set ourselves in motion. We'll further strengthen the ability to listen to what material our body is generating and how it can be constantly put into a process of transformation.

Target Audience | Dancers, choreographers, performers, actors with or without disabilities and with experience in contemporary dance

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Silke Z. is artistic director of the Komapnie resistdance and the ensemble Die Metabolisten. She leases the ehrenfeldstudios, a production and performance facility for interdisciplinary and intergenerative dance in Cologne. In addition to her own productions, she is researching the phenomenon of immediacy in dance within the framework of a doctorate, and from WS2018 she will be a lecturer in the MA programme Szeniscge Forschung at the University of Bochum.

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THEATRE WORKSHOP

20 FEB . wednesday . 10.30am to 1.30pm // Pro.Dança

Bilingual Theatre

Dahlia Pessemiers & Tomas Pevenage | BE

<https://www.dahliapessemiers.com/>



In this workshop we'll find out how deaf and hearing actors can meet on stage. We'll start up with bilingual exercises and communication tools. We'll focus on emotions and connection. The goal of the workshop is to be able to improvise together and create short scenes for bilingual public.

Target Audience | Deaf and hearing actors / interpreters with or without experience.

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Dahlia Pessemiers-Benamar (Bélgica, 1975) graduated in performing arts at Studio Herman Teirlinck in 1998.

Since then Dahlia has been acting in various theater companies, various TV series and films.

In 2005 Dahlia founded the non-profit organization Dunia, where she developed her first creations with a mixed cast. As a member of the European project Sign&Sound Theatre, about directing inclusive theatre, she directed the bilingual production Kukunor in Belgium for deaf and hearing actors and public.

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DANCE WORKSHOP

21 FEB. thursday | 10.30am – 1.30pm // Sala Bernardo Sassetti

Shared pathways, individual journeys

Adam Benjamin | UK

<https://www.adambenjamin.co.uk/>



This workshop introduces a variety of inclusive dance practices that offer opportunities to beginners and advanced students of dance and theatre.

The workshop begins with a focus on the senses and how we experience ourselves in the dance space, starting from a place of connection and trust and building gradually toward greater challenges that can be accessed by everyone in their own way, and at the own time.

Target Audience | Open to all participants with or without disabilities, with or without previous experience in dance, interested in exploring and sharing practices of movement and improvisation.

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Adam Benjamin was joint founder and artistic director of CandoCo Dance Company and a pioneer of integrated dance. A founder member of 'Five Men Dancing', he has performed and taught with Kirstie Simson, Rick Nodine, Kim Itoh, Jordi Cortés and Russell Maliphant. His book "Making an Entrance" (Routledge 2002) is considered a seminal text and he has written extensively on integrated practice and improvisation. He has received numerous awards in dance (TimeOut, Sainsburys and Prudential with CandoCo). He has been an Associate Artist at The Place, a Wingate Scholar, a Rayne Choreographic Fellow and recipient of an Arts Council International Artist Fellowship. He was awarded a National Teaching Fellowship in 2013 and was named a Change Maker, by the South Bank Centre in 2015. He is part of the Theatre and Performance team at Plymouth University where he advised on the design of the new fully accessible theatre The House.

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DANCE AND IMPROVISATION WORKSHOP

21 FEB . thursday . 3pm to 5pm // Sala Bernardo Sassetti

Here, Now

Angus Balbernie | UK

<https://angusbalbernie.weebly.com/bio.html>



This is a workshop about what you already can do. And maybe how to make all that a bit clearer. Or not, maybe messier. Or maybe to just find other moments to compose your body into imaginative action.

We seem to go nuts to acquire more stuff, more information, but we have more than enough already held in our own bodies and imaginations.

Whatever shape, ability, disability, gender or condition, we should celebrate ourselves as artists. Let's see what we can do with this, to enjoy being **there** with our art, **here, now**, making what we already know into something shared and new.

We'll start with simple physical ideas, bodies moving, alone and together, and explore how this can be opened out into space and time through improvising, sharing and developing ideas, through dancing in and out of contact.

Target Audience | People with some experience in dance / movement with and without disabilities

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Angus Balbernie has more than 35 years experience in working with composition, improvisation and choreography with students and artists in workshops all over the world. Angus' approach is to guide and nudge, to question and explore, hoping movement, exploration and choreography are ways to find the "patterns that connect" in everyone.

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PORTUGUESE SIGN LANGUAGE IN DANCE WORKSHOP

22 FEB . friday. 10.30am to 2.30pm // Sala Bernardo Sasseti

Bilingual Inclusive Performance

CiM – Dance Company & Amílcar Furtado | PT

<http://www.voarte.com/pt/prodvoarte/cim/apresentacao>



Portuguese Sign Language (PSL)

Basic notions of communication will be taught in a visual language. It is intended that at the end of this workshop participants can learn and understand small phrases in PSL and realize that it has innumerable performative characteristics.

Bilingual Performance

On the basis of two languages, we want to set the challenge of establishing a harmonious and adjusted text, always respecting working languages, both linguistically and culturally. So, we' ll unify a text, which will be distinctive in its production and reception. We want to take you into the powerful world of the word gesture, balancing it with the spoken word so that it results in a bilingual performance.

Target Audience | People interested in the inclusive performative area, listeners or deaf, with or without knowledge of Sign Language, including Translators and Interpreters of Portuguese Sign Language.

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CiM – Dance Company, created in 2007, has been promoting a pioneering approach to artistic creation regarding inclusion through dance and image. CiM seeks a diversity of paths and a constant enrichment through experiences, where multidisciplinary emerges as an impetus for new methods and answers for artistic production and exploration.

It develops a regular work of training and awareness focused on the particularities of movement and unique expressiveness of each dancer / performer, enhancing through choreography a more critical view of the idea of ability and limits, revealing diversity as an impelling force.

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INCLUSIVE DANCE WORKSHOP

23 FEB. saturday | 2pm – 5pm // Sala Bernardo Sasseti

Plural Worlds in Movement

Rafael Alvarez | PT

<https://www.bodybuilders.pt/rafael-alvarez>



Thinking, experimenting, creating and transforming will be the motto for dancing in plural the singularity of each of the moving bodies. We value an understanding and exploration of contemporary dance and artistic creation as a plural space of meeting, dialogue, exchange and transformation of realities, able to integrate a multiplicity of identities, ideas and visions about body and life, building our dances and our practice of movement from the place of diversity - human and artistic. In this workshop will be shared the main methodologies and tools of improvisation and composition in inclusive dance developed by Plural Companhia de Dança and by its artistic coordinator - the choreographer Rafael Alvarez.

Target Audience | Open to all disabled and non-disabled participants, with or without previous experience in dance, interested in exploring and sharing movement practices crossing inclusive dance and contemporary dance.

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Rafael Alvarez, choreographer and interpreter, scenographer and costume designer, researcher and teacher. His choreographic work has been presented since 1997 in Europe, South America and North America, Middle East, Asia and Africa. In the last 20 years he has investigated and developed a plastic dimension of movement and composition and has deeply invested in the relationship between Dance and Community. He has taught since 1998, Contemporary Dance - Improvisation / Composition and Inclusive Dance, involving students and dance professionals, disabled people, seniors, people with Parkinson's, children and artists in general. Artistic coordinator of Plural_Companhia de Dança and professor of inclusive dance at Fundação LIGA (since 1998). Co-founder of ANKA - Sao Tome and Principe Inclusive Dance Company. Artistic Director of BODYBUILDERS - Contemporary Dance.