

*"An uninformed listener cannot say that it is the sea in Debussy's composition of the same name... but once the title is known, one visualized the sea on hearing... La Mer". Claude Levi-Strauss*

*"Next to you I feel degraded, what a joy! To decay is restful. I'm so tired of respect that I need disregard. I love you not only because you're ugly, but also because you're abject. A lover humiliated, mocked, expose to laughter (...), all this has an extraordinary taste." Victor Hugo, The Man Who Laughs, 1869*

**A \*\*WORK IN PROGRESS\*\* DOCUMENT BY CATARINA NEVES RICCI FOR THE WORKSHOP AT GLEJ THEATRE, LJUBLJANA**

**What:**

workshop on *performance and stage composition*.

**For who:**

12 artists in following disciplines: acting, music, dance, body performance and performance research.

**Keywords:**

body, skin, color, partner, sound, silence, movement, research, repetition, writing

**Synopsis:**

A time and space to explore other tools and roles in performance; to allow vulnerability to be our greatest asset, and to play freely with it. Our biography is unvaluably unique. And it is that precisely what make us singular artists, each with an individual voice, singular and valid approaches.

We will work with our body, fears, emotions, discomfort.

We will explore our body, the space, our partners.

We will practice with patience, whatever arrises.

Participants are invited to enroll in a great number of exercises, individually and in group, as well to observe others as they participate, building a communal experience fundamental in performance.

Intuition, primary reactions, exposure to chance, time allowness, repetition, loudness, silence, patience, will guide us into a steady focus and confidence, towards a continuity which will end in different site specifics.

**Structure and development:**

warm-up / stretching / relaxation

body and space awareness

concentration techniques

the other, your partner

working with the unknown

listening experiences; working with the soundworld (versus music world) / the environmental language

construction and composition: improvisation

construction and composition: body and text

development; so much freedom within rules and limitations

group interaction

mirror / audience exercise

changing roles

your biography is an asset!

time and repetition

performance / site specific piece

**Catarina Neves Ricci bio:**

Catarina Neves Ricci is a filmmaker, theatre director, writer and choreographer, who has been living and working around the world in the past 12 years. Having an academic background in psychology and film production and direction, and a big part of her life so far dedicated to dance, it is easy to understand why curious and resilient are the adjectives she chooses to describe her path. Catarina is since March working at the National Theatre Nova Gorica, rehearsing and staging a theatre performance.

**What to bring (yet ongoing):**

Two scarfs; a book in other language than your native; comfortable clothes; an object of your choice that you want to see on stage.

\*\* phones must be left out of the room during the whole time.

**When:**

MAY 2018

TUE 8 and WED 9 (10:00 - 14:00); THUR 10 (19:00 - 21:00)

**Catarina self notes:**

visual board #mood and #props (ongoing)

