

CONTRADICTIONS

A workshop lead by Matej Matejka and Ditte Berkeley

Copenhagen, 10th-13th August 2016

Kitt Johnson X-act Studio

Looking closely at the details of the body and voice, we are curious about the moments when the action is born, an intensified experience of the stage.



Body and it's contradictions

Contradictions do not have to be limitations, but rather, by focusing simultaneously on opposite ideas, they open doorways to the primal sources of the body and the voice.

Through a laboratory model that seeks to break the borders between dance and theatre, movement and action, we will focus on transforming elements of physical training into creative improvisation embracing both experience and physical structures.

As performers hungry for better understanding of our bodies we look closely into what physical awareness means, we look into the details as they evolve to recognise our movement patterns and be able to go over them. Only by recognising our patterns we can aim to break through them and free up our creativity.

In this workshop we will focus on exercises which link techniques, improvisations, physical structures and their transformation into potential storylines.

We find very important to constantly challenge training with performance practice. I call it the quest of transition, transition between basic physical awareness (training) into creativity and further into a frame of action.

The workshop will touch upon:

- Sensitivity and listening through a partner and group,
- Awakening the anatomy of the body to develop readiness for action,
- Transforming elements from physical training into creative improvisation
- Composition of physical structures
- The ritual of a respectful and focused working environment.

Voice Tale (Speaking Song)

A voice has a tale to tell. In fact, the voice has a million tales to tell, depending on the song



it's singing, the experiences it goes through, the person who is listening, the sounds surrounding it, the state I, who am singing, am in.

As an actress I enter into a dialogue with my voice every time I sing a song. I ask how are we going to sing this today? What about this sound, how does it feel? What does it say? What tale does it tell? The exploration takes me further and brings more questions. This is the work of the performer that wishes to make the song a tool for a very deep exchange of experience between the singer and the listener. The voice is naked, and allows us to share on a level that we are not used to and often feel unsure in. The exploration of its borders and its connections with the physical experience, with images, with associations, makes richer our tools for communication and allows for a space of discovery.

The work session focuses on an exploration into our own voices and our voices reflected and fused in the voices of others. The strength of standing confident with the sound of our own voice, exploring its richness and building the foundation to support it, through breath, physical support, imagination. Discovering its strength when appearing singly, and power when it adds to the richness of a common sound created by other voices.

Ditte Berkeley (DK/UK) was brought up in Spain. Graduated from Rose Bruford College of Speech and Drama in London in 2001.

She has since been a leading actress and co-creator in Teatr ZAR theatre company based in Wrocław, Poland. She performs in all of Teatr ZAR's performances and has taken part in their numerous expeditions since the company was founded. Performances include the triptych *Gospels of Childhood*, *Cesaerean Section* and *Anhelli*. *The Calling* and their latest production *Armine, Sister*.

She is a researcher in the field of voice at the Grotowski Institute in Wrocław since 2006. As well as being a theatre practitioner she has been the initiator and artistic director of the cyclical *VoicEncounters* festival in Wrocław. In 2009 she was co-organizer of the international Festival *Giving Voice*, in collaboration with CPR (Wales).

Has collaborated with Studio Matejka during the research period of 2010-2013 as voice supervisor and trainer.

Leads various workshops with Teatr ZAR, such as *Into the Sound*, and is currently engaged in the vocal research line of the BodyConstitution program at the Grotowski Institute. Leader of her independent workshop *Voice Tale (Speaking Song)* both in Poland and internationally.



Matej Matejka (SK/PI) is an actor, director and pedagogue.

Studied acting at the State Conservatory in Bratislava, Slovakia, later music acting at JAMU University in Brno (Czech Republic).

Since 2005 he collaborates with the Grotowski Institute where he is engaged in research of physical expression in theatre. He is also an actor of Teatr ZAR: performs in the three performances of Gospels of Childhood. The Triptych.

In 2001–2006 an actor of theatre studio Farm in the Cave, Prague, and co-creator of various projects and performances with the company. In 2010 he founded Studio Matejka a physical theatre laboratory under the auspices of The Grotowski Institute in Wroclaw, Poland. In March 2012, the Studio shared the results of its intense two year research in a presentation called "Zero point, before and after". Since then, Matej has created, both as a leader and director, various theatre performances and 7 short films. The film "Pearadise" has been awarded for Best Foreign Film in Los Angeles International Underground Film Festival 2013, the film "Conflict of Apathy" was awarded for the Best short dance movie at NU Dance festival, Slovakia, 2014. The performance "Awkward Happiness" received Special Mention Award at BE Festival, Birmingham, UK, 2014. He leads his own work sessions 'Wakening the Listening Body', 'Contradictions', 'Liquid Way to Action' and 'Dance of Likeness' both at the Grotowski Institute base and internationally. vocal research line of the Body-Constitution program at the Grotowski Institute. Leader of her independent workshop "Voice Tale (Speaking Song)" both in Poland and internationally.



PLACE: Johnson X-act Studio, Struenseegade 15A, 3.th., 2200 Copenhagen N

TIMETABLE:

Wednesday 10th August 15:00-20:00

Thursday 11th August 11:00-14:00, 16:00-19:00

Friday 12th August 11:00-15:00

Saturday 13th August 11:00-14:00, 16:00-19:00

Attendance should be throughout the whole duration of the workshop.

Language of workshop: English

Max number of participants: 12

Price of Workshop: 1800 DKK

If you wish to attend the workshop please fill in the application form below

<http://goo.gl/forms/TEI4dbuMWml5blG83>

if you have any further questions you can write us here:

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