

Physical Theatre and Dance research workshop

Dance of likeness - Equilibrium of affection

Donostia San Sebastian, 10-19.12.2016



This work session is targeted towards professional physical theatre actors and dancers willing to explore less common fields of physical expression, who are driven by necessity of free yet well-guided path of movement, dancing and bodywork.
How far the dance can take you to yourself?

In the workshop we will introduce you among others to “game of strings” mapping the path of events in our life and the life of our ancestors. This exercise has evolved through out our research and allow us to link personal world of the performer with movement skills and fiction storytelling. It expose the vulnerable part of us in order to understand power of personal motivation in fictional or abstract body shapes.

We move and dance through these stories, we flourish and shake our bodies so as to articulate what the tongue can't express. We search for a genuine language that will enable our bodies to speak.

The subject of research is The war and Peace.

The War and Peace are present inside ourselves.

How often do we realise we repeat things our parents, grandparents and older generations passed onto us? We might never have agreed to it consciously and yet it is somewhere in our bones. We move like our mothers, we touch like our grandfathers, we think in a similar way, we repeat the same patterns, and the same mistakes and we pass it further onto our children.

Would we dance the same way to the same music they used to dance to? Would we make the same decisions they used to make?

How come people are constantly being pulled into war despite its destructive nature? Why do those who call for peace often overlook its essential dynamic of volatility?

What is so necessary or attractive to many people about war ?

We intend to stimulate and employ the developed individual stories towards a fiction of deep misunderstandings and escalating conflicts between people, in which human-kind repeatedly fall.



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. We call it the quest of transition, transition between basic physical awareness (training) into creativity and further into a frame of action.

We will combine processes of personal involvement and experience beside defamiliarization of action. We will play with dramaturgical compositions in order to create one final theatrical impression.

The workshop will touch upon:

- The ritual of a respectful and focused working environment
- Sensitivity and listening through a partner and group
- Awakening the anatomy of the body to develop readiness for action
- Learning ready made choreographical structures
- Transforming elements from physical training into creative improvisation
- Composition of physical structures
- Practice of both collective and individual creation
- Dramaturgical montage of the actions
- Open presentation of our final "composition of theatrical impression"

This workshop requires serious focus and precision from all engaged in the work. It is open to those who are willing to explore less common fields of physical expression.

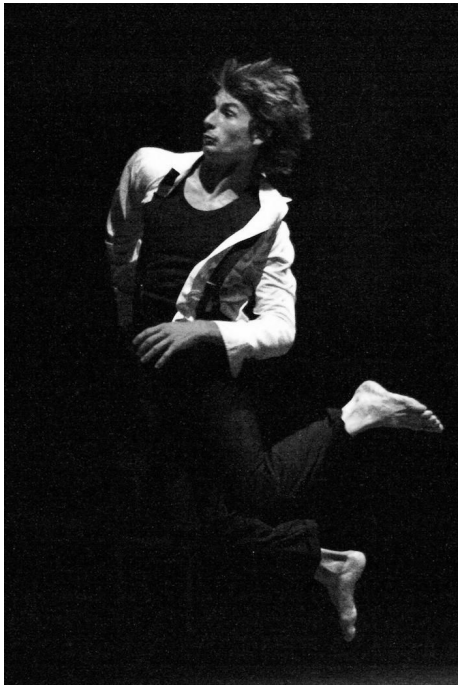
Studio Matejka is a laboratory ensemble working beside Grotowski's Institute in Wrocław, investigating the potential of the expressive body within the performer's craft. Studio has worked in many contested areas in physical performance: between theatre and dance, between form and spontaneity, between collective resonance and individual expression.

www.studiomatejka.com



Matej Matejka - actor, dancer, choreographer, director, leader of Studio Matejka

Born in Bratislava, Slovakia, 1978, studied music and drama in the State Conservatory in Bratislava, Slovakia at JAMU in Brno, as well as Film & Theatre Science at Palacky University, Olomouc, Czech Republic. Since 2005 lives in Wrocław, Poland.



He was a founder member of Farm in the Cave, Theatre Studio in Prague where he was co-creator and performer of several performances including *Sclavi / The Song of an Emigrant* (2004) - multi-award winning performance incl. the Herald Angel Award, Total Theatre Award, Fringe First Award, The Alfred Radok Award for the Best Performance of the Year.

Since the year 2005 he has collaborated with The Grotowski Institute in the field of research of physical expression in theatre. Actor in Teatr ZAR theatre company and co-creator of *Anhelli: The Calling* and *Caesarean Section: Essays on Suicide* - winner of the Total Theatre Award and Fringe First Award in 2012 Edinburgh Fringe Festival.

Matej's work has been seen widely around the world. He has taken part in several theatre research expeditions, practiced the Southern style of Kalarippayattu, ancient Indian martial art with Jayachandran Nair and Sankar Lal Sivasankaran Nair in years 2006-2008 both in India and in Poland. He later trained Aikido martial art practice with Shidonin Piotr Masztalerz. He took part in various theatre and dance productions as a co-creator and performer.

Since autumn 2010 he has founded Studio Matejka under the auspices of The Grotowski Institute where he leads an ongoing research on physical expression in the foundation of performer's craft.

Directed short films: *Life While You Wait*, *Twenty Second Street*, *Juste comme ça*, *The Desire*, *The Mess*, *Conflicts of Apathy* and *Pearadise* film awarded for Best Foreign Film by Los Angeles International Underground Film Festival.

Director of performances: *Awkward Happiness or Everything I Don't Remember About Meeting You*; *Echoes of the walls underground are louder than the footsteps above me*; *Woman Decomposed*; *Charmolypi*; *Harmony of Contradictions-Poland*, *Siec*, *BOI*

He developed workshop cycles

, he leads work sessions at the Grotowski Institute in Wroclaw, Poland as well as in Theatres and Universities all around the globe.

In his work he seeks for the path where dance and drama are equal vehicles for performer's expression.

