

15% for
members
TASI

Body Weather Workshop

5 days intensive

Andres Corchero

Body Weather Workshop

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20.-24. July 2019
Spazio Elle

Locarno,
Switzerland

<http://www.ellelocarno.ch>
andrescorchero.blogspot.com

Body Weather is a comprehensive performance training originated in Japan by Min Tanaka. This performance practice and training investigates the intersections of bodies and their environments. Andres Corchero proposes in this workshop a review of the bodywork and it's usually mental structures, which allow us to make changes in areas of the perception of our state and the state of others. The work provides a foundational physical training for the performer, with emphasis on physical articulation and individual movement patterns. The workshop is open to dancers, actors, performers and all those interested in deepening their knowledge of the body.

Andres is also looking for dancers for a possible future collaboration for his next international production planned for 2020.

The workshop is divided into 3 different parts, which will be worked every day:

1. 'MB' (mind/body, muscles/bones): is an energetic, dynamic and rhythmic training with music. This coordination work observes the relationship between mind, bones, joints and the use of energy. The proprioception exercises demand awareness and the complex movements confront ourselves with our limits and how we can go beyond them.
2. MANIPULATION- work includes a series of exercises in couples that concern deep breathing, alignment and relaxation of the body, exchanging passive and active roles.
3. EXPLORATION- work is designed to sharpen the focus and develop the imagination and expression through the body. It includes among others: motion segmentation, study of different speeds related to the space and sense of time, exercises of perception and sensory development. Finding new vocabulary and language through a strong image work in the body and work in couples. Embodying the other body.

Inscription

Please send us your name and contact details to: donya.speaks@gmail.com

Registration deadline: 14. July 2019

Workshop- fee: 450 euro

50- euro discount for professionals
40- euro discount for inscription before
20. June 2019
15% discount for members of TASI

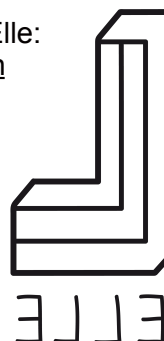
Accommodation: Spazio Elle offers accommodation in a dormitory for 15.-/Night. Reservation is needed. (Limited places)

contact for further informations:

Donia Sbika
doniasbika@hotmail.com
+41 76 509 69 46

Reservation dormitory Spazio Elle:
artiperformative@ellelocarno.ch

TASI 
Teatri Associati Scena Indipendente



Andrés Corchero- dancer and choreographer

Andres Corchero, born in Puertollano (Ciudad Real), is a tireless explorer of body language and dance. After his studies in acting, clown, mime and circus, he meets in 1985 the Japanese Butoh dance and travels to Tokyo to study with Min Tanaka and Kazuo Ohno, world-renowned teachers of this dance. From 1986 to 1995 Andres becomes a member of Mai-Juku, a dance company directed by Min Tanaka. He offers regular training classes and intensive workshops worldwide. He teaches at the Institut del Teatre de Barcelona.