

**performazioni**  
International Workshop Festival

22nd March – 8th April 2011, Bologna, Italy

**LIV** ► Performing Arts Centre, Bologna

**PHYSICAL THEATRE ► VOICE EXPERIMENTATION ► DANCE ► MARTIAL ARTS**

**Workshop, presentation of work, performance, meeting**

**Under the artistic direction of Instabili Vaganti**

The festival will offer a program of training and theatre education that will inspire a deep exploration of the actor's craft. Professional performers will have the opportunity to gain different techniques ranging from physical and vocal training, to dance and martial arts, with the purpose of applying traditional and ritual arts elements to the contemporary performing arts.

The theme for this edition is *Updating Tradition*, a concept that will introduce the performer to traditional and ritual performance elements. The primary focus will be on learning and updating established techniques, while developing a manner by which the performer can apply these skills in contemporary theatre practice.

All three weeks of workshops, meetings, performances, and presentations of work will be guided by a new generation of masters from the contemporary stage, each widely recognized for their methodology and continued research into performance techniques, as well as physical and vocal training.

The first week of *PerformAzioni* will open with a collaborative workshop of vocal explorations and the process of composing material led by Voice Pedagogue Electa Behrens and Director Jørn Riegels Wimpel, members of **d-moor produksjoner** (Norway/ England). The following week will consist of a workshop in the ancient Indian martial art Kalarippayattu, led by Sankar Lal Sivasankaran Nair and Justyna Rodzińska-Nair, founders of the **Studio Kalari** at the **Grotowski Intitute** in Wroclaw (India/Poland). Finally, there will be a workshop on the performer training and the creative process of physical actions, directed by **Instabili Vaganti** (Italy).

The festival is organized thanks to the support of **LIV Performing Arts Centre**, Bologna and in collaboration with the **Grotowski Institute** of Wroclaw, Poland, University of Kent, England, the Fond for utøvende kunstnere and Norsk Kulturråd, Norway.

**LIV**

Live International Venue provides a creative space aimed at hosting and promoting young international artists, while encouraging further study into all forms of performing arts.

Laboratorio Instabili Vaganti is a venue for international research projects and theatre training programs directed by the resident theatre company, Instabili Vaganti.

# PROGRAM

**22nd – 26th March 2011**

**10.00 – 13.30 / 14.30 – 17.00**

**LIV Performing Arts Centre**

## **Collaborative workshop of vocal explorations and the process of composing material**

Led by Voice Pedagogue Electa Behrens and Director Jørn Riegels Wimpel

**D-moor produksjoner (Norway / England)**



The workshop is about expanding the range of expressivity you already have, through work that opens your awareness and ability to react instinctively *to* the moment and to shape that impulse into artistic form *in* the moment. It will be a combination of group training and individual work, which includes work with both text and song. We will focus on the “transgressive” power of the voice and a work with the archetypes of the hero/heroine, working with paradoxical principles such as flexibility & strength, discipline & mischievousness and exploring new strategies to compose material with both voice and body.

Participants: ideal for actors, dancers, singers, writers, directors and students.



### **Electa W Behrens**

She is currently a Voice Pedagogue and PhD candidate at the University of Kent, (UK). As performer and workshop leader, she has participated in Paul Allain's *British Grotowski Project* and *Britain/Russia*, an exchange with the *Moscow Arts Theatre School*. She has previously trained at Vassar College (NY, USA), The Shakespeare Theatre (Washington D.C.), British American Drama Academy (UK), The Grotowski Institute (PL) and Exeter University (UK) where she earned an MA in performance practice under Phillip Zarrilli. She has performed with many companies throughout Europe including *Odin Teatret* (DK), *Dah Theatre* (Serbia), *F2 Performance Project* (Greece) and the *Centre for Performance Research* (Wales).

Her current research focuses on voice training

for the contemporary performer. She is developing a trans-form-ational training called 'The Heretic's Playground' which trains an actor's vocal presence and compositional skills.



### **Jørn Riegels Wimpel**

He has studied stage directing and acting in Italy and Ireland. He was a member of the creative team at *Workcenter of Jerzy Grotowski and Thomas Richards* for seven years. Wimpel has worldwide experience as Director and Actor in many highly acclaimed performances. He made his actor debut in Dublin, Eire, in 1992 holding the main part in *In the Penal Colony*. In 1995 he directed his first performance at Hordaland Teater (Norway). Wimpel has performed or directed in 22 countries. He has also taught acting technique in many countries. Examples of venues where he

has worked in Norway is *Agder Teater*, *Akershus Teater*, *Black Box Teater*, and in other countries; *Teatro Goldoni* (Italy, Florence), *Sretenka theatre* and *Theatre of Anatoly Vasiliev* (Russia, Moscow), *Chinese Heritage Center* (Singapore, Nanyang Technology University). He is currently engaged at Akershus Teater as Director, and is also writing a new project with premiere in 2012. Wimpel is currently focusing on the will to act and the great and the small in the individual human being. He wants to eradicate the fear of failure and prepare for magnanimous deeds.

**25th March 2011**

**21.00 :: LIV Performing Arts centre**

## *One By One*



### **D-moor produksjoner (Norway / England)**

**Director:** Jørn Riegels Wimpel

**Performer:** Electa Behrens

**Text Montage:** Electa Behrens and Jørn Riegels Wimpel with: Gnostic text "Thunder, Complete Mind", Patti Smith and Tori Amos

**Supported by:** Norsk Kulturråd and University of Kent

"Hi. Hello. How are you? I am fine. So fine. Everything is just fine. Welcome to AirElect, I will be your stewardess today, I hope you'll enjoy your flight!"

The butterfly's wing and its effects, the camel's back and the straw, they are telling us the same thing. Have you experienced making a mess in the moment because you were thinking of the future? Falling in the pothole because you were gazing at the sky? Not one by one, but flying headlong forward?

The performance is an eclectic collage of devised writing, ancient text, sound and media, popular and traditional song, the science of System Dynamics and the concept of Creeping Normalcy.

"Fasten your guts, here I come, me and you, you and me, this is fate."

**28th March – 2nd April 2011**

**10.00 – 12.00 / 14.00 – 16.00**

**LIV Performing Arts Centre**

## **Workshop in Indian martial art Kalarippayattu (Southern style)**

Led by Sankar Lal Sivasankaran Nair and Justyna Rodzińska-Nair

**Studio Kalari / Grotowski Institute of Wroclaw (India – Poland)**



Kalarippayattu originates from the southern Indian state of Kerala and is often considered to be the father of all martial arts. The name literally means a space/school (*kalari*) of exercises/fighting (*payattu*). Historical sources confirm the existence of kalarippayattu from at least the 12th Century AD. There are three styles of kalarippayattu commonly distinguished: the Northern (*vadakkan*), the Southern (*tekkan*) and the central one which is a composite of the other two.

The programme of the workshop includes: learning the first few sequences of movements *cuvadukal*, spinning the *sarira vathi* stick, elements of fighting with the *cherma* short sticks, as well as strengthening and stretching exercises.

Participants will work on co-ordination of the body, concentration of the mind and on power of the spirit, exploring energy and enjoying the movement.

Thanks to its multi-faceted character kalarippayattu has something to offer martial artists, yoga practitioners, actors and dancers – and anyone interested in searching for a new form of movement which is based on conscious work on one's self and which also enables a physical expression of one's own character. Regular practice of Kalarippayattu enables one to achieve flexibility, agility and co-ordination of the body, to develop strength and stamina, concentration and sense of direction, and - most importantly – it makes people aware of their possibilities, allowing them to control their energy and shape their spiritual attitude.

Beginners, as well as advanced students are welcomed!



### **Sankar Lal Sivasankaran Nair**

He comes from Thiruvananthapuram (Kerala, India), where for a few years he studied playing traditional Kerala instruments, as well as basics of the dance-theatre, kathakali. Since 2003, he has also studied ayurvedic medicine and is qualified with a masseur's diploma.

He has been studying the Southern style of kalarippayattu in Thiruvananthapuram since 1994 mainly with Tirupuram C. Madhavan (Anjaneya Kalari Sangham), Jayachandran Nair (Kerala School of Martial Arts), as well

as Thankapan Assan and Ajith Kumar (Maruthi Marma Chikilsa Kalari Sangham and Ayurveda). In the years 2005-2008, he worked with Indian theatre group Milon Mela, co-leading numerous workshops and performing in festivals in India and Europe (among others in Poland, at the invitation of the Grotowski Institute). Since 2008 he has lived in Wroclaw, Poland. He leads trainings and workshops of the Southern style of kalarippayattu, collaborates on certain projects with the Grotowski Institute and gives ayurvedic massages. He is a founding member of the Polish-Indian Association Kalari.

### **Justyna Rodzińska-Nair**

She comes from Wroclaw, Poland. She graduated from the Interfaculty Individual Studies in the Humanities at the Jagiellonian University in Cracow, Poland, with the MA's thesis on kalarippayattu and performing arts. In the years 2004–2005, she was involved in the activities of the Grotowski Centre as a participant of theatre workshops, volunteer and translator. Since 2006, she has been responsible for organising work sessions and co-ordinating projects at the present Grotowski Institute. She has practised the Southern style of kalarippayattu since 2005 and since that time she has trained with masters in India for a few months every year. She has practised in Thiruvananthapuram under the direction of Jayachandran Nair (Kerala School of Martial Arts) and Thankappan Assan and Ajith Kumar (Maruthi Marma Chikilsa Kalari Sangham and Ayurveda). She co-leads trainings and workshops. She is a founding member of the Polish-Indian Association Kalari.



**Studio Kalari** is the first centre in Poland which aims to promote a South Indian martial art, kalaripayattu. The activities of the Studio include running regular trainings and short workshops, organising lectures and meetings with teachers, as well as with researchers and artists for whom martial arts are their subject of research or one of the inspirations for their creative work.

Studio Kalari acts under the auspices of the Grotowski Institute which has organised occasional workshops and trainings of the southern style of Kalaripayattu since 2006.

[www.studiokalari.art.pl](http://www.studiokalari.art.pl)

**The Grotowski Institute**, Wroclaw, is a city institution which combines artistic and research projects that correspond to the challenges laid down by Jerzy Grotowski's creative practice

[www.grotcenter.art.pl](http://www.grotcenter.art.pl)

## **28th March**

**21.00 :: LIV Performing Arts centre**

### **Demonstration of Kalaripayattu**

**Studio Kalari / Grotowski Institute of Wroclaw (Poland/India)**

The demonstration will foresee an introduction on the Indian martial art Kalaripayattu and a practical part, in which will be shown sequences of movements and exercises. Part of the demonstration will be dedicated to the work with sticks.



**4th – 8th April 2011**  
**10.00 – 13.30 / 14.30 – 17.00**  
**LIV Performing Arts Centre**

**Workshop on the performer training  
and on the creative process of physical actions.**

Directed by Anna Dora Dorno and Nicola Pianzola  
**Instabili Vaganti (Italy)**



*Actor`s body takes care of its memory that goes far beyond the memory of our experiences. It comes from the visceral memory imprinted in our flesh, the memory of mankind that distinguishes human-animal and makes him unique.*

Actor can learn how to awake those hibernated memories through the theatre training which brings him to find an organic way of connecting voice and body, in order to give effectiveness and authenticity to his actions on stage. He can evoke a memory held underneath his skin thanks to a precise and active work on his memories and on the stimulation of his inner and fantastic imaginary.

The participants will take part in a vocal and physical training based on body impulses, rhythm, plastic forms, singing, acrobatics, balance, movement research, couple exercises, space and relation dynamics, interaction between chorus and individual.

Furthermore the work will bring the participants to the creation and composition of physical actions, exploring principles of action and reaction which give life to the action on stage. Parts of the results of the work will be presented to audience through a demonstration of work.





### **Anna Dora Dorno**

She graduated at the Academy of Dramatic Art in Bologna and she completed the theatre education program of ERT in Santarcangelo Festival, under the direction of Silvio Castiglioni; has worked alongside Imke Bhucolz, Davide Iodice, Roysten Abel (India). She polished her vocal technique at Odin Teatret in Denmark as well as in Theatre Piesn Kozla in Poland, and upgraded her physical training by working with Nhandan Chirco, Domenico Castaldo, Augusto Omolù.

In 2004 she founded the theatre company Instabili Vaganti in which she works as an actress and a director. She constantly directs international projects like 'Rags of Memory' and 'LENZ' where she leads work sessions with international teams of actors and dancers.

Workshops under her direction were realized in Atelier of Grotowski Institute in Wroclaw as well as in the International Workshop Festival in S. Korea. Furthermore, she taught theatre and gave lectures in many universities around the world. Those worth mentioning are Busan University in S.Korea or Babes Bolyai in Romania. She won the special jury award at the VI International Festival 'Zdarzenia' in Poland for the direction of her first performance 'Avan-Lulu'.

### **Nicola Pianzola**

He is currently an actor of Instabili Vaganti. He graduated in Nouveau Cirque school of Bologna and Contemporary Circus school in Turin. His artistic training took shape whilst working in Poland where he studied with Zygmunt Molik and Teatr Piesn Kozla, in Denmark with Odin Teatret, in Italy with Laboratorio Permanente of Domenico Castaldo and Katakò Athletic dance theatre. He worked with Buhne Bauhaus (Germany), Agustin Leteler (Chile), Els Comediantes (Spain) and Pippo Del Bono (Italy). He is work leader in theatre research project LENZ. He conducted work sessions on physical and vocal training for actors in the Atelier of Grotowski Institute in Wroclaw as well as in the International Workshop Festival in S. Korea. He collaborated with University of Bologna organizing various conferences, film presentations and demonstrations of work and leading workshops for students.





**Instabili Vaganti** has been created in Bologna in 2004. Its profound intention is to develop a work of research into actor's craft as well as on experimentation in performing arts. The company has presented its work and performances, led workshops and directed international projects in Italy, France, Germany, England, Poland, Romania, Kosovo, Armenia and S. Korea. Since 2009 Instabili Vaganti is directing the LIV performing arts centre in Bologna.

[www.instabilivaganti.com](http://www.instabilivaganti.com)

**8th April 2011**

**21.00 LIV Performing Arts Centre**

### **Presentation of Work with workshop's participants**

The work presentation will show parts of the work developed during the workshop. Participants will be led by the work leaders in the training explored and in the creative process, showing the structure of physical actions composed during the five intense days of work.



## INFORMATION

**Participants:** actors, dancers, performer, students, selected by application form and CV.  
It will be possible to attend a single workshop or the whole program.  
The workshop will be led in English and Italian.

**Application:** Workshops must be booked in advance and each workshop followed for its full term. Places for workshops are limited and are allocated on a first come first served basis, once approved the application form including CV, therefore early booking is advised. Please indicate your second choice of workshop on the application form in case your first choice is already fully subscribed. The application form should be requested and returned to [laboratori@instabilivaganti.com](mailto:laboratori@instabilivaganti.com) before 28<sup>th</sup> February 2011. A return email will confirm receipt of your application form and request a deposit to secure your place.

**Accommodation:** Accommodation and food are not included in the festival. Details of a range of accommodation options for the festival will be provided upon request at the point of booking.

## SCHEDULE & FEE

*Admittance for performance and demonstration of work are free*

<b>Collaborative workshop of vocal explorations and the process of composing material</b> Led by Voice Pedagogue Electa Behrens and Director Jørn Riegels Wimpel	<b>22nd – 26th March</b>  10.00 – 13.30 / 14.30 – 17.00 Tot: 30 h. <b>Fee: euro 200,00</b>
<b>Workshop in Indian martial art Kalarippayattu (Southern style)</b> Led by Sankar Lal Sivasankaran Nair and Justyna Rodzińska-Nair	<b>29th March – 2nd April</b>  10.00 – 12.00 / 14.00 – 16.00 Tot: 20 h. <b>Fee: euro 150,00</b>
<b>Workshop on the performer training and on a creative process of the physical actions.</b> Directed by Anna Dora Dorno and Nicola Pianzola	<b>4th – 8th April</b> 10.00 – 13.30 / 14.30 -17.00 Tot: 30 h. <b>Fee: 200,00 euro</b>
<b>Full program : 3 workshops</b>	<b>22th March – 8th April</b> Tot: 80 h. <b>Fee: 500,00 euro</b>



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NORSK KULTURRÅD  
*Arts Council Norway*

## CONTACTS



CENTRO DI RICERCA E FORMAZIONE  
NELLE ARTI PERFORMATIVE

**LIV ► PERFORMING ARTS CENTRE**

Via R.Sanzio 6, 40133 Bologna.

Tel. +390519911785 / +393491364945

[info@instabilivaganti.com](mailto:info@instabilivaganti.com)

[www.instabilivaganti.com](http://www.instabilivaganti.com)