

EMBODIMENT

BERLIN

29 July - 02 August 2024

09:30 - 12:30

In this workshop we will explore the practice of **embodiment** as a key element in our creative process.

We all exist in relationship to our surrounding environment and the way we relate to it and to others have a great impact in the way we experience life. It is this sense of establishing a unique and singular connection with the world around us that is at the core of the practice of embodiment. **This practice explores the relationship between the human body in movement and fosters the discovery of all the dynamic structures of life in order to apply them in the creation of original work.**

We will work linking movement and emotion, life and art, the physical body and the poetic body through different elements such as music, nature and architecture. Whether through gesture, sound, color, movement, each person is able to respond to their surroundings in a unique manner. It is the performative transposition of all these experiences that constitute the poetic essence of an embodied creative process.

All the participants are invited to explore their sensorial body, gaining a deeper understanding of the essential dynamic forces within any art form, their vital function in the construction of artistic work, and how to apply them to dramatic creation.

Principles of the training:

- Balance between mind – body and emotion
- Body awareness and presence.
- Observation
- | ● Focus, resistance and endurance
- Rhythm and musicality
- Playfulness
- Flow and grounding.

- Dialogue with tiredness, resistance, energy, weight control, focus, breathing, balance, flow, composition and awareness of the body's center.

The workshop takes place at **EDEN STUDIOS**

Breite Str. 43, 13187, Berlin

- 5 days of work.
- 3 hours per day.

PRICE: € 220

EARLY BIRD REGISTRATION (before June 30): € 180

There is an additional **15 % discount** for registering in 3 or more workshops.

For more information/registration please contact us at
info@embodiedartsproject.com





Ariel Gutierrez Torres

Originally from Buenos Aires, Ariel Gutierrez has a background in international politics, Literature and Performing Arts. He studied at the ***Ecole Internationale de Theatre Jacques Lecoq*** in 1996 and attended *Jerzy Grotowski 's seminar on Theatre anthropology at College de France* in 1996/1997. He has also trained at *Odin Teatret* in Denmark with Eugenio Barba. In 2011, he joined LISPA (*London International School of Performing Arts*).

He was one of the original members of *Arthaus Berlin* where he created the "*Praxis*" component as an integral part of the training program. Ariel teaches movement, composition, improvisation and Performance theory. Moreover, he supervises graduate students 'post graduate projects in universities in UK, USA, Sweden and Latin America.

An active collaborator with companies in the US, Europe and Latin America for more than 15 years, he holds a MA in Performing Arts from the University of the Arts in Stockholm (SKH) and a PhD in Modern Languages and Literatures from the University of Miami with an emphasis on Performance. His dissertation "Scenic Landscapes: The theater in the global city" explores the relation between globalization, theater and non-conventional performance spaces.

He founded the company *Teatro al sur* in Long Beach, California and has studied at *Sportivo Teatral* in Buenos Aires under the direction of Ricardo Bartsis.

He has been a guest artist advisor at BAD (*Beyond Art Disciplines*) in Stockholm, Sweden in and an active collaborator with the Nordisk Teater Laboratorium and Ikarus project in Denmark. Ariel has been invited to multiple theater festivals and symposiums in Europe and Latin America (FIT de Cadiz, Montevideo, GETEA Buenos Aires, Olomouc, Czech Republic, Institut de Teatre, Barcelona, University of Miami, Universidade de Uberlandia, Brasil, University of Long Beach, California, Stockholm University of the Arts) and published numerous articles on theater, performance and training in academic journals and theater magazines in United States, Brazil, Cuba, Argentina and Spain.

His research about Psychogeography and Performance has been published in 2024 in Cambridge Scholars Publishing.