

TINA & FRIDA VIVA LA VIDA



A theatrical project
by Isabel De Lorenzo
& Francesca Pedretti

December 4-6, 2026
Rome · 4th Edition
San Lo' Dance Studio
& Teatro Basilica



Some women do not belong to a single era.
They continue to walk beside us.
They look back at us through a photograph.
Through a self-portrait.
Through a flower woven into their hair.
Through a gaze that never stopped searching for
freedom.
Tina Modotti and Frida Kahlo are two of those women.
This is not their story.
It is our encounter with their legacy.
Through dance.
Through theatre.
Through the power of a shared gesture.

THE PROJECT



For one immersive weekend, we will create a performance together. Using the language of FCBD® Style as our starting point, we will journey through images, symbols, and emotional landscapes inspired by the works of Tina Modotti and Frida Kahlo.

We will not portray two historical figures.

We will embody their universe.

Discover how in the following pages.

WHO CAN APPLY

This project is open to dancers with previous experience in FCBD® Style. Dancers with a strong background in other dance forms are also welcome to apply. Each application will be considered individually. Our goal is not only to create a compelling performance, but to bring together a group of artists willing to share an intense, generous, and authentic creative journey.

Tina is

light
hands
photography
revolution
simplicity
silence
gaze
craft
earth
Italy
cinema
social justice
sensuality

Tina Modotti (1896–1942)

Italian photographer, actress, and activist, Tina Modotti found her artistic and spiritual home in post-revolutionary Mexico. Through her lens, she portrayed labour, human dignity, the strength of women, and the pursuit of social justice. Her photographs—both austere and poetic—transform everyday reality into timeless expressions of beauty and humanity.

Frida is

colour
flowers
roots
pain
nature
rebirth
fire
Mexico
celebration
feminism
passion
folk culture

Frida Kahlo (1907–1954)

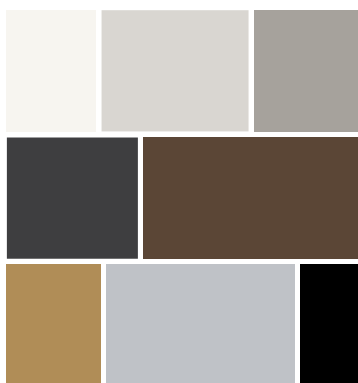
One of the most celebrated and influential Mexican painters of the twentieth century, Frida Kahlo transformed her life into art. Through her self-portraits, she explored pain, love, nature, identity, and folk tradition, creating a body of work that is both deeply personal and universally resonant. Her paintings continue to inspire through their emotional intensity, fearless self-expression, and profound celebration of life.

TWO WORLDS

TINA. Artistic direction Francesca Pedretti

Light and shadow. Simplicity and substance.

The black and white of Tina Modotti's photographs dissolve into shades of stone grey, illuminated by delicate touches of gold and silver—like memories emerging from the light, like frames from a silent film.



TWO WORLDS

FRIDA. Artistic direction Isabel De Lorenzo

Colour and earth. Roots and blossoms.

The vibrant palette of Frida Kahlo's paintings unfolds in flowers, embroidered fabrics, and living nature—a celebration of resilience, identity, and the joy of being alive.



THE CREATIVE PROCESS

For this fourth edition, Isabel De Lorenzo and Francesca Pedretti invite participants to join the project in one of two ways.

Dance Ensemble

Designed for dancers who wish to experience the collective creation of the performance.

Open to all dance levels. The Ensemble programme includes:

- Saturday workshops
- Sunday rehearsals and performance
- A preparatory online Q&A session
- Video tutorials and study materials shared in advance

Special Characters

Intended for professional or advanced dancers who wish to explore a deeper interpretative process and are available for a more intensive artistic preparation in the months leading up to the performance. In addition to the full Ensemble programme, Characters also take part in:

- Dedicated workshops on Friday afternoon
- Two online coaching sessions with the artistic directors

Every participant will contribute to the creation of the performance, shaping their own stage presence through costume, movement, and artistic interpretation. Every detail becomes part of the narrative. Every gesture becomes a fragment of a larger story. The pauses, the conversations, the shared discoveries, and the energy of the group are all essential elements in bringing the performance to life.

Throughout the creative process, we will work with several traditional FCBD® Style props, including:

- veil
- basket
- mantón
- finger cymbals (zills)
- sword
- skirt
- silk fan

...along with other unexpected scenic elements.

Please note that purchasing a few additional costume pieces or props may be required.



CALENDAR

Friday is dedicated to *special characters*. Attendance is required for all participants on the other dates. We kindly ask you not to make any other commitments during these days, in order to fully experience the project in its entirety.

SUNDAY, OCTOBER 11 | 6-7 PM

Online Q&A

FRIDAY, DECEMBER 4 | AFTERNOON/EVENING

Character Workshops @ San Lo'

SATURDAY, DECEMBER 5 | 10 AM-7 PM

Ensemble /Characters Workshop @ San Lo'

SUNDAY, DECEMBER 6 | 10 AM-10 PM

Rehearsals @ San Lo'

Rehearsals and Performance @ Teatro Basilica

PARTICIPATION FEE

DANCE ENSEMBLE

- 190€ Early Bird
- 220€ Full Fee

SPECIAL CHARACTERS

- 250€ Early Bird
- 290€ Full Fee

PAYMENT TERMS

- A €80 deposit is required by August 30, 2026 (non-refundable).
- Early Bird balance due by September 30, 2026.
- Full fee balance due by November 1, 2026.
- Payment can be made by bank transfer or directly at the San Lo' studio. After receiving the registration form, we will send you the confirmation and bank details.

THEATER TICKETS

- Admission €15
- Participants residing in Rome are kindly asked to support the promotion of the event by selling at least 2 tickets.



We are not simply looking for performers. We are looking for people willing to be inspired. People who want to create beauty together. People who wish to step, even if only for one weekend, into the free, intense, and poetic world of Tina and Frida.

[TO APPLY](#)
[CLICK HERE](#)
[OR SCAN](#)
[THE QR CODE](#)



We will step onto the stage as dancers.
We will leave it as keepers of a story.



SAN LO'

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