



WORKSHOPS DESCRIPTIONS

WS#1

WHEN > THURSDAY JULY 11, 10:00 AM - 2:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



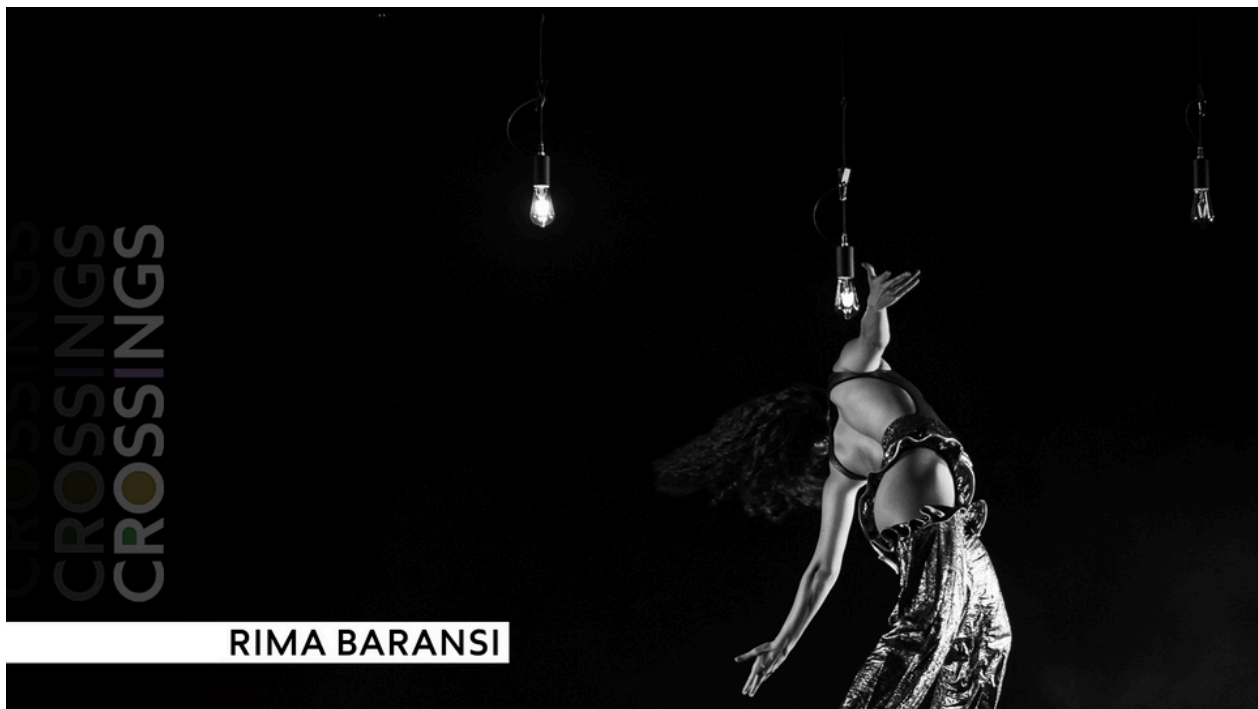
Omar's workshop is designed to bring a new approach of looking at the body and acquiring new choreographic tools that help the artists in their creative processes. His approach facilitates infinite levels of meaning and it breaks through the centrality of the body and frees it from its static form. The body develops interactive relationships that give it dynamism, presence and meaning. It highlights the different possibilities, combinations and inner-relationships of a composition. Both choreography and dance are based on the inner impulses of the body, not only on its purely physical form. Movement becomes an urgency for being and for generating meaning. The body is rather in the doing than in the showing.

LEVEL > OPEN

WS#2

WHEN > THURSDAY JULY 11, 3:00 - 6:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > SPIRAL DIVE

Enter an improvisational journey inspired by Baransi's research, where we explore the profound depths of body and mind. Rediscover your inner rhythm and allow its fluidity to guide you through the infinite essence of movement. Experience the interplay of spirals, depth, rhythm, and physicality. Transform your experiences into poetic movements.

LEVEL > OPEN

WS#3

WHEN > FRIDAY JULY 12, 9:30 AM - 1:30 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > PELVIC PORTAL METHOD AND CONTEMPORARY PERSIAN SUFI DANCE - REPERTOIRE FROM THE WORK "RABIA"

Pelvic Portal is a unique practice method developed by Orly Portal, based on many years of pelvic and body movement research, inspired by North African pelvic dance, ancient traditions of the Amazigh and Gnawa tribes of the Sahara, Sufi, Persian, Turkish, Egyptian and local Palestinian dance. We will be tuning and encoding the body through a series of exercises developed over the years in the pelvis of many women. It will serve as a portal (gate) to practise parts of Orly's creation "Rabia" - Contemporary Persian Sufi Dance.

LEVEL > OPEN

WS#4

WHEN > FRIDAY JULY 12, 10:00 AM - 1:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > CANTO POP - THE GENESIS

In this workshop, we will work on some sequences from the show 'Canto Pop' and their genesis. Fabio Ciccalè's work combines dance technique and observation of everyday life. In particular, 'Canto Pop' is inspired by Italian pop music of the 1960s/70s and the memories associated with it. The aim is to combine auditory and visual memories of another era with contemporary gestures, to bridge the past and the present. A transculturality in which several confronting variables merge to create a new language. Each choreography is full of references to everyday gestures and actions, privileging the ironic/grotesque aspect.

LEVEL > OPEN

WS#5

WHEN > FRIDAY JULY 12, 3:00 - 6:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > MAASAI DANCE - PART 1

The dance workshop is on Maasai dance and its contemporary interpretation. The Maasai dance involves body undulation wave-like and the connection between rhythmic breathing voices and Undulating Torso Movements. Exhale and inhale in a rhythmic pattern to release tension, and produce overall wellness. What we will learn about Maasai dance & songs; discover the Maasai gestures through vocal rhythm (respiration); body undulation movement to the rhythmic breathing voices; initiation to Maasai leaps (jumps).

LEVEL > OPEN

WS#6

WHEN > FRIDAY JULY 12, 3:00 - 6:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > PIZZICA, FROM SOUTH OF ITALY TO THE MEDITERRANEAN

The workshop aims to provide an introduction to the various traditional dances of Southern Italy, starting from San Vito dei Normanni, within the context of Mediterranean dances. We will analyze the rhythms of the tarantella and attempt to establish a set of steps based on key concepts of traditional dance. This will be followed by a section focusing on arm movements, and then another on partner dancing and its dynamics (from technical aspects to symbolic ones). The final part, also serving as the culmination of the workshop, will be dedicated to dancing and putting into practice the elements explored throughout the session.

LEVEL > OPEN

WS#7

WHEN > SATURDAY JULY 13, 9:30 AM - 1:30 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > **PART 1** PELVIC PORTAL METHOD AND NORTH AFRICAN GNAWA AND AMAZIGH DANCE - REPERTOIRE FROM THE WORK "SWIRIA" / **PART 2** CLASSICAL EGYPTIAN AND CONTEMPORARY DANCE - REPERTUAR FROM THE WORK "THE RITE OF SPRING OF FARID EL-ATRACHE"

In this workshop we will get to know the method through in-depth meditative practice, we will introduce the pelvis into a creative and emerging laboratory. It will serve as a portal to practice parts of Orly's creations: "Swiria" - a combination of North African tribal dance and contemporary dance, and "The Rite of Spring of Farid El-Atrache" - a combination of classical Egyptian and contemporary dance.

LEVEL > OPEN

WS#8

WHEN > SATURDAY JULY 13, 10:00 AM - 1:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > LO SAGRADO Y LO ARCANO
(THE SACRED AND THE ARCANE)

Understanding dance as a form of expression based on symbol systems, this workshop will approach the relationship of the symbol to the body and to space. We will work with the architectural concept of the interspace, a place where the public and the private, the outside and the inside, coexist. In this space we will explore, through different techniques and dance languages, our own form of expression that feeds on what we understand to be intimate, often difficult to access, and that flourishes in what we choose to show, in order to use all of this in our creative process.

LEVEL > OPEN

WS#9

WHEN > SATURDAY JULY 13, 2:00 - 5:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > GROUNDING FEET FLOWING BODIES

The workshop will introduce the basic principles of Apogeos dance practice and how it relates to liberation techniques. The process will begin with the preparation of the body through basic mechanisms and exercises, and will continue with the introduction of rhythmic steps that promote a willingness to coordinate and interact with the earth, space and others. Kinetic motifs will be the material for exploration and experimentation leading to new kinetic approaches, spatial planning and syntheses.

LEVEL > OPEN TO PROFESSIONAL DANCERS, DANCE STUDENTS AND EXPERIENCED AMATEURS

WS#10

WHEN > SATURDAY JULY 13, 2:00 - 5:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > TENSION AND RELEASE:
CELEBRATING THE MUSICAL DROP AND DOWNBEAT
WITH DONNA MEJIA

Hip Hop is the largest genre of music sold globally, and all cultures have adopted and remixed their own expression of it. Born in the era of hip hop's origination in the United States, Donna brings her old school knowledge of personal experience and career musicology study to this practice of bumps, grooves, hits, and cruise. If possible, please bring a yoga mat for warm up and comfortable athletic clothing that allows complete freedom of movement. We'll be touring the juiciest, crunchiest fusion beats from throughout our wonderful planet.

LEVEL > OPEN

WS#11

WHEN > SUNDAY JULY 14, 10:00 AM - 1:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > MAASAI DANCE - PART 2

The dance workshop is on Maasai dance and its contemporary interpretation. The Maasai dance involves body undulation wave-like and the connection between rhythmic breathing voices and Undulating Torso Movements. Exhale and inhale in a rhythmic pattern to release tension, and produce overall wellness. What we will learn about Maasai dance & songs; discover the Maasai gestures through vocal rhythm (respiration); body undulation movement to the rhythmic breathing voices; initiation to Maasai leaps (jumps).

LEVEL > OPEN

WS#12

WHEN > SUNDAY JULY 14, 2:00 - 5:00 PM

WHERE > SAN LO' DANCE STUDIO, ROME



WORKSHOP TOPIC > MUSICALITY, FROM TARAB TO FLOW

A common point of many dance forms is intimate connection with music. Through improvisation, there is a chance of connecting to sound in a deep embodied manner. This class will attempt at finding commonalities between music reading across the genres and to apply it to free movement or stylized dance.

LEVEL > OPEN
