



3Cubed

perform your inner self

3Cubed - into Performance

Connect with your own narrative through your body

Find it's most authentic expression

Let it nourish and get nourished by others' narrative

Put them on stage related to each other

Build diverse community through performance

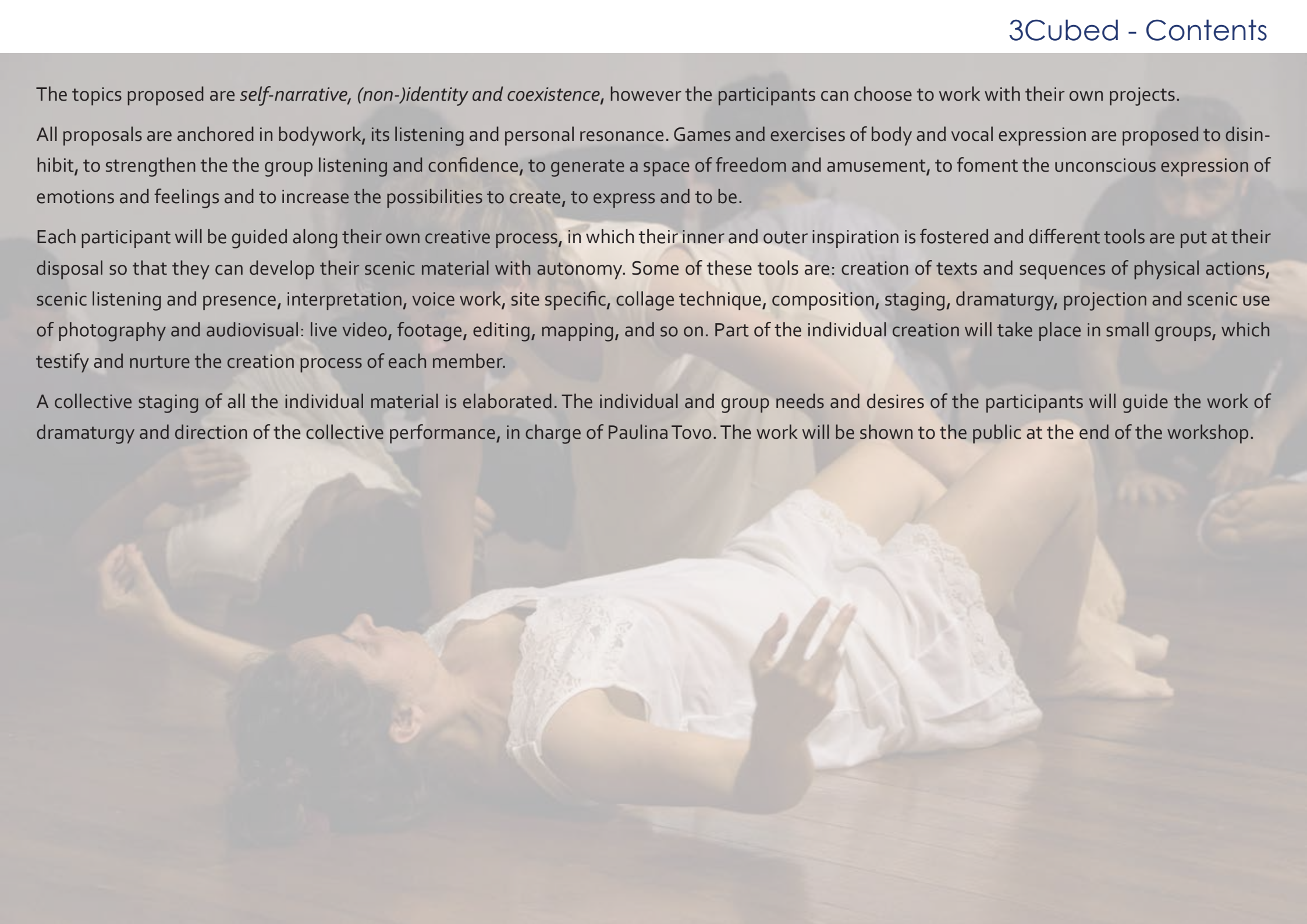
Get tools to develop your performance art

The topics proposed are *self-narrative, (non-)identity and coexistence*, however the participants can choose to work with their own projects.

All proposals are anchored in bodywork, its listening and personal resonance. Games and exercises of body and vocal expression are proposed to disinhibit, to strengthen the the group listening and confidence, to generate a space of freedom and amusement, to foment the unconscious expression of emotions and feelings and to increase the possibilities to create, to express and to be.

Each participant will be guided along their own creative process, in which their inner and outer inspiration is fostered and different tools are put at their disposal so that they can develop their scenic material with autonomy. Some of these tools are: creation of texts and sequences of physical actions, scenic listening and presence, interpretation, voice work, site specific, collage technique, composition, staging, dramaturgy, projection and scenic use of photography and audiovisual: live video, footage, editing, mapping, and so on. Part of the individual creation will take place in small groups, which testify and nurture the creation process of each member.

A collective staging of all the individual material is elaborated. The individual and group needs and desires of the participants will guide the work of dramaturgy and direction of the collective performance, in charge of Paulina Tovo. The work will be shown to the public at the end of the workshop.



Paulina Tovo has trained as an actress in Stanislavski's Method of Physical Actions in Barcelona, as a creative in performing arts at The Danish National School of Performing Arts and as a teacher of breathing and voice Wifart Method. She has also done numerous dance and physical theatre courses among others with Roberta Carreri, Augusto Omolú, Isabel Úbeda and Jori Snell (all from Odin Teatret), Tapa Sudana, (Peter Brook), Janusz Subicz (Pina Bausch), Alexis Eupierre, Minako Seki, Susan Klein, Frey Faust, Guem and Norma Claire.

She has created multimedia and documentary performances, presented among others in Spain at Porta4 (Barcelona, funded by its City Council), Teatro Albeitar (León, funded by its City Council), Teatro Círculo (Valencia), Sala Gonzalo de Berceo (La Rioja) and Teatre Principal (Santanyí), in Denmark at Baggårdsteatret (Svendborg) and Teaterøen (Copenhagen), and in Argentina at La Lavardén and El Galpón (Santa Fe), GIDI and Tromvarte (Buenos Aires). Her work was shown at festivals in Denmark at CPH Stage (Copenhagen) and Dage med Brecht (Svendborg), in Spain at SUD A L'HORTA (Valencia), FITLO (Logroño) and S'ILLO (Mallorca), and in Argentina at Festival de Teatro Independiente (San Jorge) and El CRUCE -International Festival of Contemporary Performing Arts (Rosario).

As a performer she worked among others in Radialsystem, Berliner Ensemble, Staatsoper, Haus der Kulturen Der Welt and Bergheim in Berlin, with directors as Yuval Sharon, Mario Martone, Leander Haußmann, Roger Gual, Roger Bernat, Minako Seki and Eugenio Barba, and in companies like Lautten Compagny and National Theater of Wales.

She has created and taught voice, movement, theatre and performance workshops in Barcelona, Berlin, Copenhagen, Macedonia (Greece), Rosario (Argentina) and Mexico City, among others at The Danish National School of Performing Arts, UNAM (National Autonomous University of Mexico), El CRUCE (International Festival of Contemporary Performing Arts, Rosario, Argentina), BIDE (Barcelona International Dance Exchange), International Performance College Snoghøj (Denmark), Lebenhilfe Assistens und Pflege (Berlin), refugee camps (*Staging Humanity* project, Greece), IRIDA (NGO Intervolve's Intercultural Women's Centre, Thessaloniki), Ecopolis – a Parallel City (for NGO Where Is The Life, Thessaloniki) and in slums of Argentina (H.I.J.O.S organisation).

Photo by Candela Muschetto



The idea of 3cubed seemed to me a super interesting concept of creation, it brought me the desire to create and a quantity of images that appeared in gushes.

So the first thing is to thank you. Not only for the work but also for your warmth and affection. A framework for creation so necessary and so kind that it is greatly appreciated.

The strategies that allow us to get out of the dualistic and dichotomous world, to coexist with the contradictory, the disruptive and to be able to do something with it, were literally potentiated to the cube again and again! Thank you for this new horizon!

Happy to have gone through the experience, I take up again the notes and I begin to join them with others, with the perspective of putting them in movement during this year.

I sigh and smile reading your proposal to add the question about what our creations are serving.

Patricia Ghisoli

3Cubed, Rosario, Argentina, 2018



Foto de Ariel Gauna

Recipients

People dedicated to scenic and/or audiovisual art, interested in staging their own ideas.

Minimum age: 14 years old.

Group of minimum 7 and maximum 15 participants.

Duration

30 hours, preferentially intensive

(x hours/day over x weekdays or over x weekends)

Also possible with weekly meetings

Price

x EUR

More information

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