

The background image shows the silhouettes of several people performing contact improvisation on a beach. They are in various dynamic poses, some standing on rocks or the sand, with their bodies in contact. The background is a bright, hazy sky over the ocean.

CONSCIOUS BODY

*Growing awareness through Contact improvisation,
Acroyoga and body based expression*

CALL FOR PARTICIPANTS

The project "**Conscious body**" is a seven days training course in the frame of Erasmus+ program that will take place in Italy, from 5th to 11th of November 2019.

This training is designed for youth workers, trainers, educators, volunteers, people who work with/people through experiential and embodied methodologies, and generally for people who are willing to:

- explore the **expressive potential of the body** through contact improvisation and dance
- be open and adaptable to **live and work in a creative open space** as a community of movement researchers
- move, sweat, try, get in touch, push and be pushed, with care for themselves and others
- gather inspiration on how to use embodied methodologies to foster self development and social skills
- acquire new tools and inspirations for their work and activities with youngsters

The participants must be over 18 years and be able to understand and communicate in English. Participants can apply to this training if they are living and travelling from (and to) Italy, Germany, Slovenia, Czech Republic, Poland, France, Spain.

ACTIVITIES - METHODOLOGIES - RESOURCES

During this training course we will:

- investigate ways of authentic expression through **dance** and **theatre**
- nurture a sense of deep and conscious connection through **contact improvisation**
- develop trust, care and supportive communication through the practice of acroyoga and **circus disciplines**
- explore bridges that connect **mind** and **body** by embodying lectures, concepts, ideas through movement
- live as a **community** of artists/students, taking care of the venue, animating workshops, participating to jams of contact impro and acroyoga, welcoming local practitioners to share skills, enthusiasm and practice.



TRAINERS

Antonio Cargnello (IT) is an passionate trainer who loves to craft experiences for self development, group awareness, creative expression and pursuit of a wise and joyful freedom. He facilitates workshops, for teenagers, students, youth workers and adults, using and mixing his expertise and experiences from theatrical improvisation, contemporary dance, martial arts and contact improvisation.

Andrej Dobes (CZ) is a trainer, co-ordinator, youth leader and mentor in youth projects within the YiA / Erasmus + programme, where he has been in these roles since 2012 for more than 30 youth exchanges and 10 training courses. His main focus is to bring mindful approach into youth work through nature based, mindfulness, relaxation, meditation, conscious movement, self-development and health-promoting activities.

Sara Celegnin (IT) is a circus performer, actress and puppeteer. She develops local and international projects that mix art with social topics. She works with partner acrobatic, aerial silks, body expression, drawing, improvisation and theater as tools to overcome limits and explore human potential through embodied processes.

Dorothea Bauer (AT) is a climber and unstoppable mover, journalist and researcher, but most of all a yoga and acroyoga teacher, animating workshops internationally.



NEST



WHEN AND WHERE

Dates: from 4th (arrival) to 12th (departure) of November 2019

Venue: The training course will take place in Padova (Italy), in **NEST**, a space for creation and artistic research which offer multiple opportunities for movement exploration, with a large dancefloor, aerial riggings for circus activities, tatami and gym mattresses for yoga, acroyoga, martial arts and acrobatic.

The accommodation in NEST is simple and basic, artists-residence style, 2 areas with beds and mattresses, one bathroom and one shower for participants to share. Meals will be cooked by our veggie-chef and enjoyed on site.

PARTICIPATION FEE AND TRAVEL COST REIMBURSEMENT

Materials, activities, accommodation and food are partially covered by the Erasmus+ grant. A **participation fee** of 100€. We want to offer the opportunity to participate with a reduced fee (70€) up to a max of 5 people with limited economic resources.

The **75% of the travelling costs** (up to a max of 180€ from Slovenia, 275€ for other countries) will be reimbursed to the participants after the course.





HOW TO APPLY

If you want to participate in this training you have to fill in the **application form** available at this link: <https://forms.gle/G5YUo4szechW9HaNp7>

The deadline for applications submission is **25th of September 2019** (included).

The selections results will be published in maximum 1 week after the deadline.

Contact:

For further details and questions you can contact the team at:
info@teatroinvisible.it

