

VOICE AND BODY

Body Alphabet

for the sung and spoken voice

Leader: Jorge Parente

With the assistance of Zoé Ogeret



Photo by Irena Lipinska

FOR ACTORS, DANCERS, SINGERS, MUSICIANS

(suitable for all levels of experience)

14th - 19th March 2016 | 10 am to 2 pm

At Walthamstow Quaker meeting House
London E17 4QU

Inviting all participants to discover their own vocal identity through a process of experimentation and exploration of body and voice combined.

Stepping into the unknown...

The workshop will be based on the « physical actions » created and developed by **Zygmunt Molik** (1930-2010). He co-founded the Laboratory theater of Grotowski and worked for 25 years as a professional actor. He was also leader of the vocal training at the Laboratory Theater of Wroclaw (Poland) directed by Jerzy Grotowski.

Jorge Parente is himself drawing his own educational approach from this major pedagogical and artistic heritage. Following a long collaboration as Molik's assistant, Jorge Parente, actor, theatre director and teaching specialist, is currently developing a program of training aimed at passing on to new followers Zygmunt Molik's method both in France and abroad. This method can be defined in the following way: namely as an "opening up" of oneself, physically, emotionally and vocally through the methodical physical endorsement of a set of very specific and precise "physical actions", called "Body Alphabet". Through a kind of exploration and while also using elements of the "Body Alphabet" one is invited to engage in an exploration of one's own personal history. This potentially gives rise to a new "resonance" an unexpected and unpredictable, source of body vibration. Attention is given to the exploring and harmonising of breath with movement, in order to best serve the voice. The ultimate aim is to be speaking, as though singing, and to be singing as though speaking, all the while, endeavouring to retain a freshness and spontaneity when doing so, whether it be when delivering texts or when singing. A sense of unity between the depths that is possible to reach in this exploration, and the fluidity, and lightness, that is possible to have in the execution, brings together the rigorous demands of performing and the joy that comes with it.

Location: Walthamstow Quaker meeting House
1A, Jewel Road Walthamstow
London E17 4QU
Tube station: Walthamstow central

Fee: 280GBP (250GBP student concession)

Contact : Astrid Hoang Brown Tel: 0208 527 7258

To apply, please send your e-mail to
astrid.hoang@ntlworld.com

Visit www.jorgeparente.com for more information