



**LA MECÀNICA**

## WORKSHOP PROPOSAL

# "The musicality of the movement"

A workshop on movement and theatre, aimed at professional actors, performers, and/or performing arts and theatre students.

## **What we will do**

We will work towards the development of body awareness with expressive and communicative objectives, as well as the learning of tools that will allow us to expand our vocabulary and body grammar within our field of personal work.

## **How we will do it**

- We will remember or introduce in a practical way the fundamental concepts of stage acting: weight, breathing, presence, the look, the walks and the displacements.
- We will tune our instrument: warming up, organicity and economy of movement.
- Technique and fundamental principles of physical mime and theatre (body articulation, movement chronology, precarious balance, the law of proportions, the economy of movement, the hierarchy of expressive elements, pre-gesture and post-gesture, etc.
- We will focus on the design, rhythm and intensity: the musicality of the movement.
- Finally we will put these tools into practice in contexts of improvisation, play and open the way to the creation of body phrases, which will invite us to investigate dramaturgy and body writing.

"When the actor refrains from appearing on stage accompanied by his body, he may refrain from studying the art of the body" E.Decroux.



## **What to bring**

Comfortable clothes, water. Some healthy snacks recommended.

## **More information**

- Ideal space: Wide and open space, clean sprung wooden floor with dance floor
- Optional mirrors
- PA system adapted to room with a mini jack input
  
- Ideal number of participants: 8-14
- Duration: 16hrs – 4 hours a day over 4 days

## **Our fee**

- 1,040 € for the four days (65 € per hour)
- Not included in workshop fee: Per diems, transport and accommodation.  
We can apply to our local government to cover transport and accommodation costs.

This is a proposal for a 4-day workshop; we can adapt and cater to your needs.  
If you have any questions, please do not hesitate to contact us.

## **More info and contact**

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## **BIO**



Actor, deviser and theater director, specialized in movement and visual theater. Founder of the collective MECHANICS (2001), the International School of Corporal Mime in Barcelona (now MOVEO), and current artistic director of the Company [LA MECÀNICA](#), with whom he has created, among others, the show [YET ANOTHER FLEETING HOUR](#), co-produced with the French company Théâtre du Mouvement. Pau has been part of other theater and dance companies, such as Omnibus in Montreal, Raravis Danza, La Tal and Agrupación Sr Serrano in Barcelona, and Res de Res and Circ Bover in Mallorca. He has directed circus shows, visual theater and puppets.

Pau has been directing the CIRC BOVER shows for five years (Circ Transhumant, Vincles and Sentinel).

As a teacher, he has conducted laboratories and given workshops in theater, corporeal mime and movement in Spain, Poland, France, Canada, Czech Republic and Puerto Rico.

He was trained at the Institut del Teatre and the School of Corporeal Mime in Barcelona, the Central School of Speech and Drama in London, L'École du mime in Montreal and the studio of Théâtre du Mouvement in Paris.