

Sequencing. Dynamic dramaturgy for learning and creation through movement.

(Paco Alfonsín Gergely)

(The sequencing of exercises as a proposal for a process of self-learning and creation: 'Learning to learn'. Movement Theatre Workshop)

Taking its premise in the development of the actor's physical training as a creative process, this lab invites to a journey from technic, *pre-expression* and connection with our inner being, our "Self".

The exercises presented are intended to cover a wide range of technical and expressive resources that can feed the daily training of the actor and the 'non-actor'. Understanding this training as a creative process of personal self-knowledge, as a process of 'learning to learn' and even of transcending our own being, 'Self', it is proposed as a platform for development and creation with room for endless combinations.

Starting from the principle *'I work for me, from me and to me'*, the practitioner will be master his own process when developing a generous, precise and consistent body, in a cumulative and simultaneous process that will put in relation: technique, (pre)expression and connection.

We will bring the body and the movement to the front line as our main tool to create, to be, to transmit.

Suggested program *(6 hours session with a shared lunch)*

- Day One: Presence / Dilatation
- Day Two: Towards the vertical. Spiral
- Day Three: Body in the space/The Walking/The others
- Day Four: The Body in fiction/ The Poetic Body (Expressivity/Physical Poetry)

Work language: English

(Wearing comfortable clothes that allow free movement)





Paco Alfonsín Gergely

Andalusian theater practitioner, co-founder of the Spiri2Art Center in Cluj-Napoca (Romania) and Grupo LIM&TE (Lab. Internacional de Movimiento TEatral) in Andalusia (Spain), he currently runs TransylvaniaTheaterLab, a platform for research, training and creation.

With a vast career as actor and theatre researcher, mainly in the frame of Movement Theatre. More than 30 years “sur les planches” / “sobre las tablas” / “on stage”... have taken him through a vast diversity of “theatre languages”: from the fragmented and dogmatic “Physical Theatre” of the 90s, to the diverse, playful and presentational-honest British Theatre (“I am here; I am beautiful; I am here to tell you a story”); From the truthful “Theatre of the De-formed” to the risky and philosophical Contemporary French Theatre; From the precise and eclectic Eastern European Theatre to the burlesque of the French Cabaret; From the edgy “Cités de Marseille” making contemporary opera with kids, to the deep and human Community Theatre in Scotland and North of England.

He also had the opportunity to cultivate his artistic practice, meeting masters and directors such as Gabor Tompa (Hungarian Theatre of Cluj. Transylvania), Alan Lyddiard (The Performance Ensemble, Leeds. UK), Emma Rice (Wise Children. Bristol. UK), Juan Dolores Caballero (Teatro Del Velador. Seville. Spain), Richard Gregory (Quarantine Theatre. Manchester. UK), Eugenio Barba (ODIN Theatre / ISTA. Denmark), Serge Noyels (Théâtre des Calanques. Marseille. France), Esperanza Abad (Madrid), Yves Marc (Theatre de Mouvement. France), Dominique Serrand (The Moving Company, Minneapolis. USA), Ricardo Iniesta (Atalaya-TNT. Seville, Spain) and others.

This rich environment allowed and encouraged him to direct and lead artistic theatre experiences such as: "Sept2&AFew", a one-month residency and international meeting in Jerez; "And you?.... De Quién Eres?", Music-Theater Laboratory also in Jerez, his hometown, in collaboration with artists from France, Great Britain, Zanzibar and Spain; «A Casa» at the Nottara Theatre (Bucharest. Romania); «Story of a DoubleBass» at the Hungarian Theatre of Cluj (Transylvania. Romania); "And now what?" (From Quai Ouest. Koltes) Seville, ESAD. (Andalusia. Spain)

In recent years, Paco has focused his practice, through *TransylvaniaTheaterLab* (TTL), on the transmission and investigation of the Arts of Movement, organizing and designing creative labs, workshops and creative residencies ("*To Be & NOT To Be*" summer 2022; "*Please, Feel Free NOT to Find Your Place*" summer 2023).

His professional encounter with Edo Gergely, in the field of phenomenological psychology, and with Yves Marc and his approach to the arts of movement nourishes his current steps.

His latest work as a performer and director, "*Not For EveryOne!*", premiered in Budapest at the end of 2024.



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