

## WORKSHOP "LISTENING SOUND WORD", led by Simonetta Checchia

### INTENSIVE EXPERIENTIAL WORKSHOP - 1 DAY - 7h



A day of intensive work, combining in-depth work on the voice and listening from a sensory and anatomical point of view, with work on listening on stage and on the relationship in acting. The workshop will be divided into practical and theoretical moments: both practical exercises and theoretical reflections will deal with the use of the voice in the performing act. Participants will learn the basics of both the functional aspect of the phonatory apparatus and the emotional-perceptual aspect of the voice. The first part of the workshop will focus on listening to one's own voice in order to integrate it, where necessary, into the mind-body system and to improve vocal timbre and intensity. The reference model will be that of the "audio-vocal circuit" theorised by A. Tomatis, in which "man is the first listener of himself". Starting from this, we will work on the perception of one's own voice in the body, the balance between ear and body. This will be followed by an analysis of the relationship between the moving body, the five senses and the resulting changes in the sound-voice, leading to an examination of the theory of "functional" singing, which is still being studied by Gisela Rohmert's research group at the Institute for Ergonomics in Lichtenberg. The focus then shifts from the voice to the stage. Starting from the voice exploring space and the here and now, given circumstances combined with sensory work, we will come to a rediscovered listening, a vehicle for learning, knowing the present time and space and communicating with oneself and the world around us. Anything that comes from here will become fodder for the actor's emotional library, allowing them to put themselves on stage with a rediscovered focus.

## NOTES

- The workshop is open to everyone, regardless of background and experience
- The group must be composed of at least 10 participants.



**Simonetta Checchia**

*Actress, singer, director and acting teacher, she is the artistic director of the theatre company "Numeriprimi" theatre company. After graduating from the acting course "Ludi Scaenici" at the Teatro del Tempo in Parma, she improved her skills by attending the Master for Prose Actors "L'attore europeo tra danza, teatro e musica" organised at the Teatro Due, also in Parma. Always interested in the vocal field, she extended her training by attending the Quadrennial Music Therapy Course at the C.E.P. in Assisi and the Functional Vocal Training Course at the "Livio Picotti" Vocal Research Centre in Venice. From 2008 to 2011 she was artistic director of Teatro No in Parma, where she created an annual theatre season for adults and one for children, and was also in charge of training. In 2011 she was artistic director of the Teatro Moruzzi in Noceto. From 2014 to 2018 she was director of the Castle of Music in Noceto, and in 2018 she founded the film production company Opheliasflower, with which she produced the documentary "Nella Casa di Dorothy", directed by Francesco Mondini and distributed by Emera Film. Since 2018, she has collaborated with the Teatro del Cerchio in Parma as a teacher of diction and film acting. In 2023 she published the book on vocal technique for actors "Listening, Sound, Word". Since 2023 she teaches vocal technique at the Accademia Proscenio and is responsible for the didactic planning. Since 2024 she has been responsible for training and project planning at the Melpomene Academy in Soroca, Moldova.*

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**Cost:** 75 euro. It is possible to purchase the book "LISTENING SOUND WORD" , subject to reservation, for an additional contribution of 15 euro

**Where:** Soroca

**When:** September 15, 2024, from 10.00 to 18.00 (with a self-organized lunch break from 13.00 to 14.00)

**Information and registration:**

Mail [info@melpomeneacademy.org](mailto:info@melpomeneacademy.org)

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