

ON THE EDGE WORKSHOP, led by Nicoletta Cabassi

INTENSIVE EXPERIENTIAL LAB - 1 DAY - 7h



Providing physical and movement training to aspiring actors, or dance/movement training to professional actors, requires a change in the operational parameters and objectives normally applied to dancers. The attempt is to train a physical actor, at 360°, capable of using his own body as a means of expression and scenic communication. In short, a performer. In order to achieve this, it is necessary to provide the key tools (both technical and theoretical) on which to base one's own practice and experimentation, through targeted training that takes into account all the aspects that contribute, both as individuals and in groups: body, voice, breathing, word, song, text, rhythm, music, silence, energy, movement, dance and acting.

From a purely linguistic point of view, "in my personal research I am mainly exploring the imbalance, the transit movement, the possibility of STAYING totally off-axis; I am very interested in that very delicate point of transformation of dynamic pushes and counter-pushes, where the collapse can happen, the loss of control and therefore the fall to the ground and its recovery, the mental loss of external coordinates and yet fully continuing the performance and going on... It's a continuous metamorphosis of weight, from a point X to a point Y, shaping the space, contracting or expanding the space and its reception/perception, through a constant alteration of the dynamic state that sometimes excludes the voluntary act and welcomes the error. It's the implicit reaction to an impulse that leads to a consequent and subsequent phase; it can be the highest point of the parabola or the lowest point of the hyperbola: my work explores these two extremes and places itself there...". On the edge!

HOW THE CLASS AND THE TRAINING TAKE PLACE:

The first part of the class includes floor work and release, exploring the relationship between the body and gravity, between the "centre" and the circular and elliptical dynamics; from the beginning the work focuses on the centre to obtain an organic body that acts through synapses. It starts from the pelvis as a generator of breath and movement, from which it radiates to the extremities, to then explore space through a "Labanian" approach (much of the work is borrowed from the research of Rudolf von Laban); fundamental is the study of 'levers' and supports. It is a way of studying movement, starting from the natural 'spiral' inherent in the body, to progressively reach an advanced stage of speed; the floor is considered as a partner that does not limit the dynamics, but instead generates new and unprecedented possibilities. In the same conceptual direction, the space is considered as an energetic and neutral place in which the actor/performer writes and draws, giving sign and colour with body and/or voice or through both. In this way the performer is urged to become a conscious actor who makes a sign in the space with his own body/instrument, inserting himself into the space with energy and precision. In cases where there is a need to stage a public exchange, the "making of choreography" is also taken into consideration, supporting and implementing the process described above (individual and/or choral) to arrive at the creation of small pieces that include both individual and collective creative phases, helping the student to integrate his/her own language with the linguistic modalities of the choreographer (who works both by providing material and by modifying the proposed material).

The work requires mental and physical stamina, concentration and depth.

Some topics:

- *Elements of floor work and release technique*
- *BASILAR elements of contemporary dance*
- *Use of weight, its application and analysis*
- *Use of space, its application and analysis*
- *the strict relationship between breath and movement*
- *the use of the sound/word/body triad*
- *the clarity of gesture*
- *Improvisation on specific tasks, both individually and as a group*
- *Learning very simple and short choreographic sequences*
- *the conceptual link between movement and word: using the choreographic medium in the same way as words and phrases*
- *physical dramaturgy: characterisation of characters through the body*
- *listening to others: chorality*

NOTES:

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



Nicoletta Cabassi

Nicoletta Cabassi is a dancer/choreographer/performer/teacher with a classical and contemporary training in Italy and abroad. She has integrated her dance training with the study, experimentation and practice of theatre, music, singing, humanities and art. She began her ballet training at the age of 5, but soon her interest was directed towards research and she decided to go deeper in the study of contemporary dance. Over the years she met René Lejeune, Thierry Parmentier, Angelin Preljocaj, Frédéric Flamand, Wim Vandekeybus, Jean-Yves Ginoux, Ed Wubbe, Virgilio Sieni, Roberto Castello, Raffaella Giordano, M. Abbondanza/A. Bertoni and William Forsythe. In 1994, she spent a period in Paris as an "intern" with Maguy Marin. She studied theatre with Philippe Lecoq, Catlin Cobb, Thierry Salmon, Pippo Delbono and Cesare Ronconi (Teatro Valdoca). She has worked in various Italian and international opera houses and with the companies Infidi Lumi, XE by J. A. Anzillotti, Ugo Pitozzi's Teatrodanza Skené, La Nuova Complesso Camerata, Monica Casadei's Artemis Danza, Toccadanza, La Fura dels baus and with the artist Tino Sehgal, with whom she has collaborated since 2005 (This is so contempo(ra)ry, Instead of allowing...., These associations and last year This you as singer) and many others. As a dancer and creator, she has collaborated with the directors Leandro Lisboa (short film Crisalide), Daniele Spanò (dancer and choreographer in the video realised for the 150° of Italian Unity and projected on the Palazzo Colonna in Rome), the visual artist Martin Romeo (choreographer and performer of Input body II and The method), Virginie Daenekyndt (Oxymel), Virginia Spallarossa - Monica Secco (Study on Minotaurus), Paolo Mangiola (in residence for 11 years at the Royal Opera House and at Sadler's Wells Theatre in London), Simona Lisi and OTTOelectro. For almost 15 years she has collaborated with the opera director Stefano Poda, taking part in his productions in Italy and abroad, often with soloist roles such as Putin-pao in Turandot, Lady Capulet in Roméo et Juliette (NCPA, China), soloist in Faust (in Italy, Belgium, Switzerland and Israel) and Magdalene in La juive; recently she was his icon for the very long durational performance at the Design Week in Milan. For three seasons, 2013-2015, she was artistic assistant of the Tanz Company Gervasi in Vienna (Austria), where she created Solo, whit guests, The white horn and What kind of animal ...? at the Oden Theater and at the Tanzquartier.

Choreography and theatre movements: Nicoletta began working as a professional choreographer in 1992 in Parma (IT) with her debut with El Bosco, la nave piena di vento (inspired by Hieronymus Bosch), then re-staged the following year at the Teatro Bibbiena in Mantua; this event marked the birth of the Lubbert Das project with which she would sign the following creations. For the festival La Bècquée in Brest (France), she creates Sous le soleil for the Compagnie Pour un soir. In 2015 she is in residence in

Plzen (temporary European Capital of Culture), where she creates *Nowhere / Now here* and as concepts the choreography for *La Traviata* at the Teatro Verdi in Padua. In 2017 he presents "AREPO_le miroir" for the Verdi Off Festival (commissioned by the Teatro Regio in Parma). In 2019 the premiere of *HOP.E* in La Maggiore, created for and with the company Borderline Danza; a few months later he signs "Orfeo e Euridice", a co-production between the Bassano Opera Festival and the Teatro Verdi in Padua. In 2020 the collaboration with the BTT, Balletto Teatro of Turin, begins. In the middle of the pandemic, she receives an invitation from Café Muller to create a piece and then presents the solo *In divenire/in becoming* for Nice Platform (within of all the dance and theatre season turns out to be the most viewed on the digital platform). In 2021, *La Settima* debuts with the BTT at the historic Teatro Bellini in Naples. In 2022 she creates *Vita Nova I - II*, commissioned by Padova Danza for the international festival *La Sfera*. She collaborates with Teatro del Cerchio and NumeriPrimi for the Young Theatre section. In 2021 she will create the duet *Plateau allumé* with Loredana Scianna.

Main classes: often, for professional or semi-professional courses, the classes also took the form of a public choreographic creation, as this was expressly requested by the centres as a formative experience for the students. For this reason, in addition to the seminars held in Italy and Europe, the two aspects are often intertwined during the course of the career.

For several years (2004-2008) Cabassi has actively collaborated with the C.T.R. (Centre for Theatrical Research) of Venice, covering the role of principal teacher and choreographer; as guest teacher/choreographer she has worked: at the National Dance Academy of Rome (one of the winners of the open call *Resid'AND*); for the advanced course R. O.S. at Opus Ballet, Florence, several times at BorderLab of Borderline Danza, at EkoDance Project, at Festival Cassero in Danza, at D.E.O.S., and 'Resident Choreographer' for the academic year 2021-2022 for the Advanced Courses of Padova Danza Project (all advanced courses and organisations recognised by the Ministry of Culture); guest for a short lab at the Liceo Coreutico of Reggio Emilia; in Paris, at Micadanse and at CCN Le Phare in Brest; within the framework of the Bioma project, she teaches and creates "o(s)chéma" with young people; from 2023 she will collaborate with the new Accademia Proscenio in Parma, taking care of the physical training of the actors.

Awards: with *Sub Rosa* he wins the Critics' Prize and the Youth Prize at the Ermo Colle Festival (2006) and with *SOL* (on the music of Ezio Bosso, unpublished at the time and donated by him) he wins the Audience Prize and the Organisation Prize at the Voci dell'Anima Festival (2010).

Teaching video links

https://www.youtube.com/watch?v=5CNWwjMilQ_A (creation for Professional Dance Training at Studio XL (Fonderia, Reggio Emilia)

<https://www.youtube.com/watch?v=uJXeWBrpetI> (creation for the ROS course at Opus Ballet (2017)

<https://vimeo.com/196558424> creation for *Resid'AND* at the National Dance Academy in Rome

<http://vimeo.com/151638983> solo + improvisation realized by a dancer after 3 weeks of training in Plzen, July 2015

http://www.youtube.com/watch?v=0VOHnQM_exM + <https://vimeo.com/223901259> +
<https://vimeo.com/223902357> Guided improvisation sequence at NOD in Torino
<https://vimeo.com/194816385> (performance workshop in Naples as part of the B.Author festival)
<https://vimeo.com/181184505> Repetition of one of the performance parts of the workshop with public
outcome at MUST in Lecce (IT) 2016
<http://vimeo.com/135068533> + <https://vimeo.com/177710571> parts of a workshop at Teatro alla Corte
di Giarola, Parma

Links to videos of the works:

- 1) <https://vimeo.com/812153357> + <https://vimeo.com/817438252?share=copy> + promo "Vita nova I" and "Vita nova II" (created for Padova Danza Project)
- 2) <https://vimeo.com/446823755> video created by AND to celebrate guest choreographers over the years
- 3) "Nowhere/now here" (Plzen) <https://vimeo.com/168177959>
- 4) "SOL" www.youtube.com/watch?v=PRMVk7Xij_s0
- 5) <https://vimeo.com/334900015> "HOP.E in A Maggiore" (trailer) with the company Borderline, by Cabassi first and last movement
- 6) "Self" with OTTOelectro <https://vimeo.com/176921619> + www.youtube.com/watch?v=gvuTAFXjL_4
- 7) "Temporary bodies" (short version) <https://vimeo.com/87747418>
- 8) trio from "2968 BE/EACH against stupidity" <http://vimeo.com/34740937>
- 9) extracts from "Bacchini 8 e mezzo" <https://www.youtube.com/watch?v=kbKqnUTGPai>
- 10) "Arepo_le miroir", for the Verdi Off Festival 2017 <https://vimeo.com/236477051>
- 11) <https://vimeo.com/417966212> experiment for video creation ("Hash_tag") with Simona Lisi

Cost: €75.

Where: Soroca

When: September 29, 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

Viber/WhatsApp +39 338 190 987