

Radionica savremenog plesa "Flying Into Gravity Skills"

sa Cruz Isael Mata

Asistentica radionice: Aldina Topcagic



"Flying Into Gravity Skills" fokusira se na razvoj i održavanje tečnih i bestežinskih pokreta tijela. Različite vježbe istražuju odnos s podom, kao i prema drugim ljudima, prostoru, gravitaciji i prema vlastitom načinu razmišljanja dok doživljavate sebe u sadašnjem trenutku. Tijelu se daje mogućnost da aktivira odnos između centra i periferije s ciljem efikasnijeg kretanja i korištenja tla i gravitacije kao podrsku.

Isael Cruz Mata istražuje principe rekreiranja pokreta svakodnevnog života i istražuje utjecaj glasa na pokrete tijela. Shvatiti šta tijelo ima za reći u trenucima kada se ne kreće i ne proizvodi zvuk jedan je od glavnih pristupa, koji se postiže kroz dinamične plesne sekvence, partnerski rad i razne tehnike uključujući Flying Low i Release Technique. Odgovori se pojavljuju kada smirimo um, a otvorimo prostor tijelu da govori.



Cruz Isael Mata je rođen u Karakasu, Venecuela. Plesnu obuku započeo je na Instituto Superior De Danza Caracas, Venecuela 1992. godine, gdje je studirao sa **Simone Forti, Jeremy Nelson, Julien Hamilton, Jennifer Monson, Sasha Waltz, Dominique Mercier** i drugim istaknutim umjetnicima. Nastavio je studije na Centralnom univerzitetu Venecuele, gdje je pratio predavanja iz pozorišnih nauka, lijepe umjetnosti i filozofije. U Latinskoj Americi je bio na turneji kao solista i član kompanije. Godine 2000 dolazi u Belgiju, gdje postaje član **X-Group** u **P.A.R.T.S.-u**, u režiji **Anne Terese de Keersmaecker**. Osim plesnog obrazovanja, studirao je i akrobatske/cirkuske tehnike na Ecole Nationale du Cirque - Academie Fratellini, fizikalnu terapiju i psihologiju u Parizu. Plesao je sa nekoliko plesnih kompanija: Espacio Alterno - Venecuela,

Tim Feldman - Danska, Michél Noiret Company - Belgija. Saradivao je sa umjetnicima kao što su **David Zambrano, Roberto Olivan, Nadine Ganase, Virginie Thirion, Josse de Pauw, Maria Clara Villalobos, Mey-Ling Bisogno** i drugi. Isael Cruz je kreirao produkcije "Puzzle" i "Casa", koje su premijeru imale u Parizu 2005 godine. Od 2010-te godine predaje profesionalni trening i audicije za jednu od vodećih kompanija u svijetu savremenog plesa **Ultima Vez - Wim Vandekeybus**. Dugi niz godina predaje stručno usavršavanje i profesionalni trening za **istaknute savremene plesne kompanije, akademije i na međunarodnim festivalima savremenog plesa**. Između ostalih je davao radionice i plesne casove za: Company Thor, Need Company, Cie Philippe Saire - Lausanne-Switzerland, Kraljevski Konzervatorijum za muziku, ples i pozorište Antwerpen, Escuela superior de artes du cirque Lesac, Univerzitet za muziku i ples Keln – Centar za savremeni ples, Tanzlabor 21 Njemačka-Frankfurt, La Raffinerie /Charleroi Dance, Feria Música Circus Company, Danza Contemporanea de Cuba – Nacionalna Kompanija Savremenog Plesa Kuba, Compania Nacional de Danza Contemporanea de Venezuela – Nacionalna Kompanija Savremenog Plesa Venecuela, Summer Intensive – festival savremenog plesa Portugal, Performact Portugal - profesionalni program savremenog plesa u Portugalu, La Factoria - Institut za Savremeni Ples Pamplona Spanija, Tic Tac Art Centre Brisel, Festival Savremenog Plesa Altrefrontiere Rim Italija, i dr.

Cruz Isael Mata je 2019. godine bio koreografski asistent u visestruko nagradjenoj akrobatskoj produkcija "La Vrille du Chat", koju je kreirala belgijska akrobatska kompanija "Back Pocket". Tokom saradnje sa kulturnim udruženjem **Art Alive**-om, korežirao je i izveo savremenu performativnu intervenciju "AMBIENTI & SPACE" u **Guggenheim muzeju** u Bilbao i osvojio sedam nagrada kao ko-reditelj kratkometražnog plesnog filma "couch me!". Cruz Isael Mata predaje **Flying Low tehniku, akrobatski ples, Release Technique i Contact Improvisation** u Latinskoj Americi, Evropi i Aziji više od 22 godine.

Video radionice

<https://www.youtube.com/watch?v=VgqSLmowRdE>

Video nastupa

<https://www.youtube.com/watch?v=Mgt0ijzo0f8>

Radionica savremenog plesa „Flying Into Gravity Skills“ je otvorena za sve profesionalne i semi-profesionalne plesace kao i za glumce, akrobatske plesace i za one koji imaju iskustva s pokretom (bilo kojeg plesnog stila). Preduslov za ucesce je: minimum 17 godina.

Ucesce je besplatno. Broj ucesnika je ogranicen, zbog toga je potrebna **registracija** putem mail adrese savremeniples.bih@gmail.com

Za registraciju je potrebno **ime, prezime, godiste i mjesto prebivalista**. Ucescec je otvoreno za sve zainteresirane. U slucaju potpunjenih mjesta radionice, prednost imaju ucesnici s pribivalistem u BiH.

Datum: 26.9. – 30.9.2022 radionica. 30.9. prikazivanje rada za publiku u otvorenom prostoru.

Vrijeme: 14:30 – 17:30 h

Lokacija: Narodno Pozoriste Sarajevo – plesna sala

Oprema: lagana / komotna odjeca. Ne uska odjeca, bez obuće.

Radionica ce se odrzati u sklopu Balet Fest Sarajevo, uz podrsku Goethe Instituta Sarajevo u saradnji sa Art Alive Kulturnim Udruzenjem.

Workshop description in english:

“Flying Into Gravity Skills” focuses on developing and maintaining the body’s fluent and weightless movement patterns. Different exercises are exploring the relationship with the floor as well as towards other people, space, gravity, and towards one’s own mindset while experiencing oneself in the present moment. The body is being given the opportunity to activate the relationship between the center and the periphery with the aim of moving more efficient and using the ground as well as the gravity as support. Cruz explores the principals of recreating movements of daily life and exploring the influences of voice onto the body’s movement. Figuring out what the body has to say in the moments when it doesn’t move and doesn’t produce sound is one of the main approaches, which is being achieved through dynamic dance sequences, partnering work and diverse techniques including Flying Low and Release Technique. Answers are appearing, when we calm down the mind but open the space for the body to talk.

Biography in English:

Cruz Isael Mata was born in Caracas, Venezuela. He started his dance training at the Instituto Superior De Danza Caracas, Venezuela in 1992 where he studied with **Simone Forti, Jeremy Nelson, Julyen Hamilton, Jennifer Monson, Sasha Waltz, Dominique Mercier** and other outstanding artists. He continued his studies at the Central University of Venezuela, where he followed classes in theatre sciences, fine arts and philosophy. He toured in Latin America as a soloist and company member. In 2000 he came to Belgium, where he became a member of the **X-Group in P.A.R.T.S.**, directed by **Anne Teresa de Keersmaeker**. Besides his dance education, he also studied circus techniques at the Ecole Nationale du Cirque - Academie Fratellini, physical therapy, and psychology in Paris. He danced with several dance companies: Espacio Alterno - Venezuela, Tim Feldman - Denmark, Michél Noiret Company - Belgium. He collaborated with artists such as **David Zambrano, Roberto Olivan, Nadine Ganase, Virginie Thirion, Josse de Pauw, Maria Clara Villalobos, Mey-Ling Bisogno**, and others. Cruz created the productions „Puzzle“ and „Casa“, which premiered in Paris in 2005. Since 2010 he has been teaching the company traing and the auditions of **Ultima Vez – Wim Vandekeybus**. He has been collaborating with and teaching professional training for outstanding contemporary dance companies, academies, and at international dance festivals. Among others: Company Thor, Need Company, Cie Philippe Saire, Lausanne-Switzerland, Royal Dance Conservatorium Antwerpen, Escuela superior de artes du cirque Lesac, University for Music & Dance Köln – Centre for Contemporary Dance, Tanzlabor 21 Germany-Frankfurt, La Raffinerie/Charleroi Dance, Feria Música Circus Company, Danza Contemporanea de Cuba, Compania Nacional de Danza Contemporanea de Venezuela, Summer Intensive, Performact Portugal, La Factoria, Altrefrontiere Roma, Tic Tac Art Centre, etc. In 2019 Cruz was the choreographic assistant in the Award winning circus production “La Vrille du Chat” created by the Belgium acrobatic company “**Back Pocket**”. During his collaboration with **Art Alive**, he co-directed and performed “**AMBIENTI & SPACE**” at the **Guggenheim Museum Bilbao** and won seven awards for being the co-director of the short film “couch me!”. Cruz Isael has been teaching **Flying Low, Acrobatic Dance, Release Technique and Contact Improvisation** in Latin America, Europe, and Asia for more than 22 years.