



TSAK BAM FESTIVAL 2021 / WORKSHOPS

The Responsive Body (movement & improvisation) - Maria Vincentelli



In this workshop we will explore how we each can build a resilient, responsive, playful state of body and mind, then see how we can use this energy to communicate in spontaneous and unforeseen ways. We will begin by deeply listening to our physical sensations to awaken sensitivity and awareness of our bodies in space. We will work with imagery, music, and touch to create an environment where we can go deep in our own worlds. We will work with partners to explore our physical capacities through touch, reactivity, and boundaries.

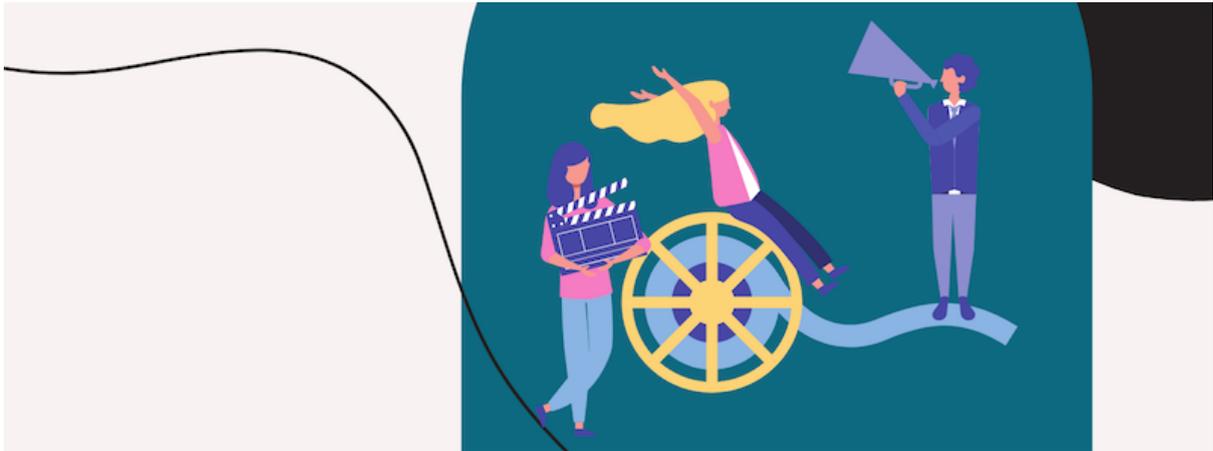
Language: English (there will be a translator to help with Greek).

When: Friday 23/ 07, 17.30 - 19.30

Where: Mikro Studio, Christou Lada 7, Aegina

As a performer, **Maria Vincentelli** has researched practically and theoretically what it means to 'perform spontaneity' in choreography and improvisation. She looks forward to sharing her practice in a workshop setting as part of Tsak Bam festival.

Cinematus (Filmmaking Workshop for Teens) - Oliwia Tado



Cinematus is a movie lab for teens that wish to explore the language of cinema. What is a movie scene, what does a cinematic shot mean, how do we translate a story into images?

We will work on ideas for short movie scenes and then we will turn them into scripts, storyboards and finally we will shoot. At the last meeting we will gather to watch the edited result together.

The workshop is for 6 to 10 children aged 13 to 16 years

Languages: English and Greek

Duration: 2 days + extra meeting for screening and discussion.

When: Saturday 24/07 + Sunday 25/07, 09:00 to 14:00

Where: Mikro Studio, Christou Lada 7, Aegina

Oliwia Tado (Oliwia Twardowska) was born in Łódź, Poland and has lived in Greece since the age of 18. She studied with a scholarship at the Cinema Department of the School of Fine Arts at the Aristotle University of Thessaloniki, from where she graduated in 2012 with a master's degree in film directing. She has directed three short films and has collaborated with the Italian television RAI 5, the Syros International Film Festival, the Onassis Cultural Center (Stegi), the Benaki Museum a.o. She has participated in workshops for screenwriting and production at the Creative Europe Media Desk. She leads workshops for teenagers in Athens and in isolated small villages of the Aegean islands. She is currently preparing the script for a feature film.

The effect of the physical sunlight: kinesthetic approaches and embodied responses in interaction with the sunlight - Eleonora Ilia



An open research lab concerning one of the key elements that I am interested in choreographically - as it was revealed through my artistic research this year: the element of the physical sunlight.

How does it affect our human senses and influence kinesthetically our embodied responses? What kind of movement material could we produce in interaction with the physical sunlight- especially in a sunny island such as Aegina- and how differently does our body move if we take under consideration the contradiction between the sunlight and the physical shadow? How differently does our body react and is affected by the sunlight during the daytime? Could finally the physical sunlight create a natural scenography in outdoor, public spaces, so as to be able to create performing arts stages everywhere through the utilization of elements that exist in nature and our environment?

My aim is to let the participants sense, play and experience their embodied responses towards the sunlight through the activation of the human sensorium, willing to collect this initial movement material and their personal experience in order to share the produced outcomes later on.

For the participants who wish, there will be a presentation open to the public at the end of the lab on Sunday, 25th of July at 8pm at Kollato Estate, where the sunlight pours in.

Languages: English and Greek

When: Sunday 25/ 07 - Workshop: 6-8pm + Presentation: 8-8.30pm

Where: Ktima Kollatou, Aegina

Eleonora Ilia, born in Ioannina, (Greece) in 1983, studied Law at the Law Department of the National and Kapodistrian University of Athens, and additionally, she received her Degree in

Dance Education from the Department of Theatre and Dance of the Greek Ministry of Culture. She is also a graduate student in the Master Choreography Comma - a joint degree between the Universities Codarts - Rotterdam and Fontys-Tilburg (NL). She is choreographer for the dance company "a priori" (2015), based in Ioannina/Greece, which has already presented six productions (dance-theatre and site-specific performances) in co-production with contemporary art festivals and theatres in Greece. The company has received financial support from the Greek Ministry of Culture (2018). She has also been working as a freelance dance performer in Greece and abroad and she is teaching contemporary dance classes and improvisation.

Workshop Registration

Please write to tsakbamfestival@gmail.com mentioning the **title of the workshop** and the **name of the participant**. Participation at the workshops of Tsak Bam Festival is on donation basis. You can pay at the box that you will find at the workshop's location. Please do consider a fair contribution to the teachers / artists and their work, in relation to what you can afford.



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