

Combined Practice . VOARTE / CiM – Companhia de Dança Body Recognition

Duration: 20 - 30 minutes

A work that explores the interaction between the character, memory, and the physical body, establishing an intricate relationship among the various bodies that constitute human existence. The current body is a dynamic construction, subject to continuous transformations, carrying not only the physical experience of the moment but also memories, ideas, and challenges accumulated over time. Identification becomes a process of profound recognition and, simultaneously, a journey of constant evolution.

Step 1: Working as a group to explore different psychological states by recognizing various forms of locomotion in the simplest physical characteristics of movement: verticality, weight, intensity and strength.

examples:

Happy: walking freely, weightless, bouncy, light;

Angry: tense, more weight, practical, direct;

Sad: heavy, formless, curved, slow;

Confident: direct, open, precise.

Step 2: In a circle, participants explore and experience the different qualities of each psychological state. For each psychological state, we dedicate 7 minutes to improvisation and movement, initially without interactions, then allowing the possibility of interaction/relationship without the use of words. Following this, each participant must construct a character in their imagination and add a timeline, age, and other creative details.

example: Happy, as if she were a Victorian woman just arriving at a party and believes she is the best-dressed.

Step 3: Subsequently, identify which part of the body most strongly manifests the psychological state of the character.

example: Feeling happiness located in the chest, feeling anger in the head, feeling sadness in the legs. Always in movement and improvisation, select only two psychological states and locate each in a specific part of the body. With the possibility of interaction within the group but without using words or touch, the improvisation unfolds to understand how my body and the character manifest, impose, or allow themselves to be influenced or contaminated by the group.

Next Step: Work on the intensity of the psychological states. Starting from 0% and gradually increasing to 100%, the entire group begins at 0% intensity, capturing the different intensities of psychological states and their relationship with the physical and psychological body.