

PRACTICE
Training sessions
Workshops
IN ENGLISH

10:00–12:15 | 12:30–14:45 | Esprit Yamak: L'Art Du Déplacement | **Laurent Piemontesi** Assisted by **Simone Bicorgna, Diana Bruno, Yohann Bassez** | ► Outdoor public spaces
You can attend one practice or a whole-day session.

17:00–19:00 | **Two Paths Studio** | **Jakub Gontarski** | The Grotowski Institute • Laboratory Theatre Space
One-day training sessions

17:00–19:00 | **Two Paths Studio** | **Przemysław Błaszczak** | The Grotowski Institute • Na Grobli Studio [Studio Space]
One-day training sessions

Apply by 20 April 2016
Contact: justyna@grotowski-institute.art.pl
For detailed information on how to apply for the workshops, visit the website of the Grotowski Institute.

SEMINAR
Discussions
Lectures
Film screenings
Work demonstrations

In English with Polish translation
Admission free

17:00–19:30 | WORK DEMONSTRATIONS
Kokyu Ho: Practice of the Breath | **Przemysław Błaszczak** (Two Paths Studio)
The Critical Point | **Jakub Gontarski** (Two Paths Studio)
The Grotowski Institute • Na Grobli Studio [Studio Space]
In Polish with English translation

20:00 | EXHIBITION OPENING
BodyConstitution 2014–2016 | The opening of the exhibition of photography, featuring a work demonstration by Studio Kalari
► Barbara: infopunkt, kawiarnia, kultura, ul. Świdnicka 8c

9:00–13:00 | Tomoe Butō Method | **Kagaya Sanae, Amano Uzumi** (Tomoe Shizune & Hakutobo) | The Grotowski Institute • Studio Na Grobli [ZARzone]

10:00–12:30 | Aikido – Enemy as a Partner | **Piotr Masztalerz** | Guest: **Tsuruzo Miyamoto Shihan** | ► Wrocław Aikikai Dojo, ul. Hubska 20

10:00–12:30 | Kalarippayattu | **Sathyanarayanan Govindan Kutty Nair** | Assisted by **Rajasekharan Nair Nagappan Nair, Raam Kumar Ravikumar** | The Grotowski Institute • Na Grobli Studio [Studio Space]

10:00–13:00 | Capoeira | **Mestre Cobra Mansa** | The Grotowski Institute • Laboratory Theatre Space

15:30–17:30 | DISCUSSIONS with invited guests | BodyPedia | Hosted by **Jarosław Fret** and **Małgorzata Jabłońska** | The Grotowski Institute • Na Grobli Studio [Studio Space]

| Centre | **Mestre Cobra Mansa, Sathyanarayanan Govindan Kutty Nair, Iwona Olszowska, Piotr Masztalerz**

| Old age | **Piotr Bursiewicz, Savvas Stroumpos, Richard Shusterman, Mirosław Kocur**

| The actor's dramaturgy | **Tomasz Kubikowski, Wojciech Baluch**

18:00–19:30 | WORK DEMONSTRATION
L'Art Du Déplacement: A New Dialogue Between Man and City | **Laurent Piemontesi**
The Grotowski Institute • Na Grobli Studio [Studio Space]

17:45–19:15 | WORK DEMONSTRATION
Contradictions: Getting Out of the Box | **Studio Matejka**
The Grotowski Institute • Na Grobli Studio [Studio Space]

20:00–22:30 | WORK DEMONSTRATION | Jogo de Corpo – Capoeira: the Body, Rhythm and Ancestry | **Mestre Cobra Mansa** | Work demonstration and a screening of the documentary *Body Games: Capoeira and Ancestry* (with English subtitles)
The Grotowski Institute • Na Grobli Studio [Studio Space]

17:45–19:15 | WORK DEMONSTRATION
Ancient Keralite Tradition of Martial Art and Physical Culture | **Sathyanarayanan Govindan Kutty Nair** Assisted by **Rajasekharan Nair Nagappan Nair, Raam Kumar Ravikumar**
The Grotowski Institute • Na Grobli Studio [Studio Space]

20:00–22:00 | SCREENING OF PERFORMANCE BY YVES LEBRETON
Exile | Introduced by **Yves Lebreton**
The Grotowski Institute • Na Grobli Studio [Studio Space]
In French with English and Polish translation

9:00–13:00 | Fighting Monkey – Earthquake Architecture | **Jozef Frucek**
The Grotowski Institute • Na Grobli Studio [Studio Space]

9:00–13:00 | The Method of Theodoros Terzopoulos | **Savvas Stroumpos** (Attis Theatre)
The Grotowski Institute • Laboratory Theatre Space

9:00–13:00 | Body-Energy | **Yves Lebreton** | The Grotowski Institute • Na Grobli Studio [ZARzone]

9:30–12:30 | Practising Somaesthetics | **Richard Shusterman**
The Grotowski Institute • Na Grobli Studio [Rehearsal Room]

15:30–17:00 | IN CONVERSATION
International Dialogue on Actor Training | With invited guests: **students of PWST Wrocław** and the **Oslo National Academy of the Arts** and educators **Hanne Krohn Riege, Bogusława Szteńcel-Morawska** and **Krzysztof Boczkowski**, hosted by **Jarosław Fret** | The discussion will be accompanied by the opening of the exhibition *Training, Teaching, Acting*.
► PWST, ul. Braniborska 59 [Big Stage]

15:00–16:30 | WORK DEMONSTRATION
The Method of Theodoros Terzopoulos | **Savvas Stroumpos** (Teatr Attis)
The Grotowski Institute • Na Grobli Studio [Studio Space]

14:30–16:00 | LECTURE
Progressive Tests as a Form of Assessing the Impact of Exercises on the Human Musculoskeletal System | **Piotr Bursiewicz**
The Grotowski Institute • Na Grobli Studio [Studio Space]
In Polish with English translation

16:45–18:15 | WORK DEMONSTRATION
Creativity through Pressure, Difficulty and Danger | **Jozef Frucek**
The Grotowski Institute • Na Grobli Studio [Studio Space]

16:15–17:45 | PROJECT PRESENTATION | Unlocking | **Jubilo** | Project developed in Penitentiary No 1 in Wrocław
The Grotowski Institute • Na Grobli Studio [Studio Space]

18:30–20:00 | WORK DEMONSTRATION
The Corporal Theatre | **Yves Lebreton**
The Grotowski Institute • Na Grobli Studio [Studio Space]
In French with English and Polish translation

18:00–19:30 | WORK DEMONSTRATION | Intersecting Planes: Hypotheses | **Teatr ZAR** | Hosted by **Jarosław Fret**
The Grotowski Institute • Na Grobli Studio [Studio Space]

17:15–18:45 | LECTURE
Somaesthetic Multiculturalism | **Richard Shusterman**
► PWST, ul. Braniborska 59 [Big Stage]

19:30–21:00 | WORK DEMONSTRATION
Partner Contact | **Tsuruzo Miyamoto Shihan**
► PWST, ul. Braniborska 59 [Big Stage]
In Japanese with English and Polish translation

20:30–23:00 | LECTURE AND WORK DEMONSTRATION
Tomoe Butoh Method | **Tomoe Shizune & Hakutobo**
The lecture and work demonstration will be followed by a screening of documentary footage about the group.
The Grotowski Institute • Na Grobli Studio [Studio Space]
In Japanese with English and Polish translation

Body  **CONSTITUTION**

PERFORMANCES

Admission: 20 PLN
Bookings and tickets: sekretariat@grotowski-institute.art.pl
Tel. 71 34 45 320

21:30 | Caesarean Section: Essays on Suicide | **Teatr ZAR**
► Dworzec Świebodzki, pl. Orłąt Lwowskich 20b

21:00 | Caesarean Section: Essays on Suicide | **Teatr ZAR**
► Dworzec Świebodzki, pl. Orłąt Lwowskich 20b

21:30 | Kyokatabira | **Daisuke Yoshimoto** | ► To Tu, ul. Hubska 6

20:30 | Kanzan from Renyo-sho: Far from the Lotus | **Tomoe Shizune & Hakutobo**
► Dworzec Świebodzki pl. Orłąt Lwowskich 20b

EXHIBITIONS

Admission free

4–21 April 2016 | MON–SUN 8:00–20:00

BodyConstitution 2014–2016 | Exhibition of photographs documenting the project BodyConstitution: Intercultural Dialogue on Actor Training – a series of work sessions, academies and seminars with drama schools students from Poland and Norway

The opening of the exhibition, which will be held on 4 April at 8pm, will include a work demonstration by Studio Kalari.

► Barbara: infopunkt, kawiarnia, kultura, ul. Świdnicka 8c

4–30 April 2016 | MON–FRI 10:00–18:00

Training, Teaching, Acting (Trening, aktorstwo, nauczanie/Trening, skuespillearbeid, og undervisning) | Exhibition of photographs documenting the events involving **drama students of PWST in Kraków, Branch in Wrocław, and the Oslo National Academy of the Arts**, held in 2014–2016 as part of the BodyConstitution programme.

► PWST, ul. Braniborska 59 (Foyer)

Body↗CONSTITUTION

- ↗ is a programme of research in practice at the Grotowski Institute,
- ↗ is the year-round work of a number of studios set up to analyse in practice various physical traditions and to incorporate their principles into performer training,
- ↗ is a programme of practical seminars, open workshops and work demonstrations,
- ↗ is a platform for conscious, consistent and responsible work on the body through the creation of a 'lexicon' of analysis and description of movement techniques and practices
- ↗ combines action and reflection to build a deep body culture.

Since January 2014 the BodyConstitution project has engaged students and teachers of PWST in Kraków, Branch in Wrocław, and the Oslo National Academy of the Arts in training and workshops held as part of summer and winter academies as well as in workshops and practical seminars in Wrocław and Oslo. This year's seminar, organised as part of the theatre programme of the European Capital of Culture Wrocław 2016, is the final event of the project.

The seminar is part of the project BodyConstitution: Intercultural Dialogue on Actor Training – a series of work sessions, academies and seminars with drama schools students from Poland and Norway, run under the programme Promotion of Diversity in Culture and Arts within European Cultural Heritage as part of the EEA FM 2009–2014.

The project is supported by a grant from Iceland, Liechtenstein and Norway, from the EEA Grants, and co-financed from Polish funds.



ORGANISED BY



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IM. JERZEGO
GROTOWSKIEGO

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TEATERHOGSKOLEN
THE ACADEMY OF THEATRE



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TSURUZO MIYAMOTO SHIRAN'S VISIT TO WROCLAW
IS SUPPORTED BY BIRANKAI POLSKA



MEDIA PATRONAGE



Institut im. Jerzego Grotowskiego

● Laboratory Theatre Space, Przejście Żelaźnicze

■ Cinema Room, Przejście Żelaźnicze

■ Na Grobli Studio, ul. Na Grobli 30/32

▲ Brzezinka, forest base of the Grotowski Institute

▼ CaféTHEA, Przejście Żelaźnicze

Rynek-Ratusz 27, 50-101 Wrocław, tel./fax +48 71 34 34 267,
program@grotowski-institute.art.pl



Practical seminar

Body↗CONSTITUTION

April 2016

