



# ALGHERO DANCE AND LANDSCAPE

## Dance Workshop in nature



ALGHERO DANCE AND LANDSCAPE is a dance workshop played entirely in nature in the context of the Porto Conte Regional Natural Park in Sardinia (IT).

The workshop is focused on the development of expressiveness and creativity, in total immersion in the natural landscape, which becomes an integral part of the choreographic composition process.

DANCE AND LANDSCAPE was conceived through a cycle of workshops that Senza Confini Di Pelle has been conducting since 2016 on the theme of sensory perception in direct relationship with nature. The first study, DANCE AND PERCEPTION, took place on the island of Stromboli focusing the work on the 4 elements (Water, Air, Earth and Fire). Subsequently, the work concentrated on the osmotic relationship with the landscape by creating the DANCE AND LANDSCAPE workshop in the Asinara National Park.

The 3-day workshop, 18, 19, 20 August 2020, allows you to get in touch with the elements of nature in a unique and suggestive way: the wind, the sea, the rock, the vegetation and the fauna create the ground ideal for the proposed work.

Starting from sensory perception, the influence of natural elements on the body and its movement is investigated which, by incorporating them, comes to dance in osmosis with the environment.

During the workshop, dance, theater, yoga techniques are used, as well as original methodologies developed during the performance practice of Senza Confini Di Pelle.

The workshop is hosted by the sand, the sea and the landscape of the park, to experiment with directions, dynamics, strength and rhythm of movement in relation to natural elements. The multiple sounds, the changing play of color, the diversity of the shadows, the changes in temperature, the scents of the vegetation, are the frame of this experience that wants to convey a deep awareness to listen and respect nature in all its fragility and wonders.

## CONTEXT

The workshop offers the opportunity to fully immerse yourself in the natural environment through the combination of dance and landscape in the evocative and exclusive setting of the territory of the north-west area of Sardinia belonging to the municipalities of Alghero and Sassari which includes the protected areas of the Regional Natural Park of Porto Conte and Capo Caccia. These will be the areas that will host the workshop, unique contexts in which biodiversity manifests itself with a wealth of unspoiled, varied and evocative landscapes, fauna and flora.

<https://www.algheroparks.it/en/>



## WORKSHOP PROGRAM

The workshop includes 15 hours of activity in total including 3 on Tuesday, 6 on Wednesday and 6 on Thursday.

The work proposed daily will have the following structure:

### TUESDAY 18 AUGUST - H 17.30/20.30

- H 17.30 - Departure from Camping Torre di Porticciolo
- H 18.00 - Body awakening
- H 18.30 - Study of movement in nature
- H 19.30 - Single and group improvisation
- H 20.30 - Return to Camping Torre di Porticciolo



### WEDNESDAY 19 AUGUST - H 08.00/11.00 - H 17.30/20.30

- H 08.00 - Departure from Camping Torre di Porticciolo
- H 08.30 - Body awakening
- H 09.00 - Study of movement in nature
- H 10.00 - Single and group improvisation
- H 11.00 - Return to Camping Torre di Porticciolo



- H 17.30 - Departure from Camping Torre di Porticciolo
- H 18.00 - Relationship with the natural context
- H 18.30 - Memory of the choreographic material
- H 19.30 - Choreographic composition
- H 20.30 - Return to Camping Torre di Porticciolo



### THURSDAY 20 AUGUST - H 17.30/20.30

- H 08.00 - Departure from Camping Torre di Porticciolo
- H 08.30 - Body awakening
- H 09.00 - Study of movement in nature
- H 10.00 - Single and group improvisation
- H 11.00 - Return to Camping Torre di Porticciolo



- H 17.30 - Departure from Camping Torre di Porticciolo
- H 18.00 - Relationship with the natural context
- H 18.30 - Memory of the choreographic material
- H 19.30 - Choreographic composition
- H 20.30 - Return to Camping Torre di Porticciolo





## WORKSHOP STRUCTURE

**DATES** > From Tuesday 18 August to Thursday 20 August

**DURATION** > 15 total hours

**WELCOME PARTICIPANTS** > Tuesday 18 August H 17.30 Camping Torre del Porticciolo

**NUMBER OF TEACHERS** > 2 - Dario La Stella and Valentina Solinas

**PAST EDITIONS VIDEO** > <https://vimeo.com/294924204>



## CONVENTIONED ACCOMODATION

- SINGLE OR DOUBLE ROOMS 15% DISCOUNT **BY 20 JULY**

- TENT PITCH 5% DISCOUNT

The workshop activated a convention with the Camping Village Torre del Porticciolo which offers a 15% discount on accommodation in a standard double room with only overnight or half board option and a 5% discount on camping accommodation by indicating the code LABORATORY OF DANCE

[www.torredelporticciolo.it](http://www.torredelporticciolo.it) - info@torredelporticciolo.it Tel. (+39) 079919007 - 079919010

## TRANSPORT

The movements necessary for the workshop are managed by the organization that will have the Camping Village Torre del Porticciolo as its daily meeting. The arrival and departure are the responsibility of the individual participant.

## COST AND REGISTRATION

**WORKSHOP COST** > € 100.00 (excluding board and lodging)

**REQUIREMENTS** > To participate requires a minimum of experience in the performance or sports disciplines, there are no age limits, however a telephone interview with the workshop conductors is required before registration.

**INFORMATION** > info@senzaconfinidipelle.com

**REGISTRATION** > payment of 50% of the fee at the time of registration

**REGISTRATION DEADLINE** > **8 August 2020**

**MAXIMUM NUMBER OF MEMBERS** > 10



## DIRECTION

The workshop is led by **Dario La Stella** and **Valentina Solinas** artistic directors of the company Senza Confini Di Pelle. Dario La Stella and Valentina Solinas held workshops for the CRUD (University Regional Center for Dance) University of Turin, at the University of Washington in Seattle (USA) and SESC Santo Amaro in San Paolo (BR).

### **Dario La Stella**

Founder and artistic director of the Senza Confini Di Pelle company in Turin, author and performer of the company's works. Graduated in Cultural Anthropology and Ethnology with a thesis on performative art, since 1997 he has conducted seminars and courses on performance; In 2013 with the show "Add Up Space and Power" is one of the three selected choreographers of the European project Metamorphoses, with shows in Poznan (PL), Paris and Brussels.

### **Valentina Solinas**

Graduated in psychology, since 2004 she is part of Senza Confini Di Pelle, author and performer of the company's works.

**Senza Confini Di Pelle** has been operating in the field of performing arts nationally and internationally since 2003, with the production of shows, training projects, the realization of events and exhibitions. He has represented his works in the USA (New York) in Brazil (Sao Paulo), France, Poland, Germany and Cuba. [www.senzaconfinidipelle.com](http://www.senzaconfinidipelle.com)



## COVID-19 PREVENTION MEASURES

The structure of the workshop guarantees compliance with covid-19 prevention measures through practices and exercises that allow you to maintain safety distances without distorting the quality of the work.

## CONTACT

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