

# PROGRAM OF ACTIVITIES

## VANGUARDIA DANCE FESTIVAL 2019

April 2	April 3	April 4	April 5	April 6
10-12 WORKSHOP Movement concepts	10-12 WORKSHOP Visual arts and body in motion			
	1-3PM WORKSHOP The Poetry of the body in motion			
2-4 WORKSHOP Video Dance: cine-choreographic experimentation			2-4 WORKSHOP Between lines: Sound design and creative movement	4-6 pm PANEL DISCUSSION
7-8PM VIDEO DANCE SHOWING "Agite y Sirva" Mexico			5-6 pm VIDEO DANCE SHOWING "Agite y Sirva" Mexico	
		8PM PERFORMANCES	8PM PERFORMANCES	8PM PERFORMANCES

### WORKSHOPS:

**Video Dance-**  
Ximena Monroy

**Movement concepts-**  
Diana López

**Visual arts and body in motion-**  
Mateo Galindo and Robyn Macdonald

**The Poetry of the body in motion-**  
Norma Araiza and Charles C. Smith

**Sound design and creative movement-**  
Olga Barrios and Edgardo Moreno

# WORKSHOPS

## VANGUARDIA DANCE FESTIVAL 2019



► **Movement Concepts- Diana López . APRIL 2nd (10-12m)**

The work of process is a discipline that opens opportunities to connect with spirit. The practice guides us into deep listening and understanding of the material that is offered by the act of being present. The body must have mindful and muscular integrity to navigate the possibilities of opposition and duality that exist in relationship to time, space, material and body. In this workshop we investigate the work of process, connection to subconscious and the integrity of the body in suspension.

► **Workshop of cine-choreographic experimentation: Cuerpos-cámara- Ximena Monroy “Agite y Sirva” APRIL 2nd (2-4pm)**

:Through this workshop, the participants will be introduced to some composition tools of the inter and transmedial field of screendance, with the support of comments from historical and contemporary works. We will explore the incorporation of the camera as body, as body-camera, and the choreographic thought in different screendance exercises.

► **Visual arts and body in motion- Creating from instinct and listening - Mateo Galindo and Robyn Macdonald. APRIL 3<sup>rd</sup> (10-12m)**

This workshop is an invitation to visual artists and dance artist to share a creative space, connecting with instinctual creation, and to be inspired by one another. Mateo and Robyn will take the participants through a guided meditative improvisation and sketching, inviting dancers to move from their imagination without a specific outcome in mind, and inviting visual artists to sketch freely from their instinct. This will allow them to connect with their instinctual creativity. From there, the space will be open to collaboration and discussion: Visual artists are invited to sketch inspired by the dancers' improvisation, and dance artists are invited to improvise inspired by the Visual Artist's sketches. The goal is to learn from each other's practices, harnessing individual strengths, as well as learning how to cater to each other's needs.

► **The poetry and the body in motion - Norma Ariaza and Charles C. Smith. APRIL 3<sup>rd</sup> (1-3pm)**

This workshop will engage and encourage participants to use creative writing, music and dance/movement to uncover their unique relationship to storytelling. It will also give participants the opportunity to explore the idea of building their own stories in a collaborative process of creation. Using the body as the main tool, participants will share different approaches in working together and deepening their understanding of inter-disciplinary arts as a viable form that enables different voices to be heard. No previous experience required.

► **Between Lines: Sound design and creative movement - Edgardo Moreno and Olga Barrios. APRIL 4th (2-4pm)**

A laboratory exploring the resonances of sound in the body and viceversa. This workshop aims to explore the inner rhythm that creates the individual movement and its relationship with the surrounding physical space and sound. Through different exercises each participant will explore the universe of their own rhythm as it relates to music and sound, interactions with space, other individuals and the cumulative relationship of all these interactions.