



F. L. I. P. T.

Intercultural Festival Laboratory of Theatre Practices
directed by Pino Di Buduo

in collaboration with **I.S.T.A.** International School of Theatre Anthropology directed by Eugenio Barba

from **18th** JUNE to **1st** JULY 2018



25 - 28 JUNE

Workshop on "Breath and Mindfulness in Performance"

with **Tian Mansha** a prominent performing artist of Sichuan Opera (a type of the Traditional Chinese Opera) that consists of Movements, Dance, Gestures, Acrobatic, Singing and Speaking. All this is an equal combination. During the workshop not a specific form of Traditional Chinese Opera will be focused on, but the basic principles. The concept of body is central. The workshop will first focus on different elements of movements, like certain hand gestures, head, fingers, legs etc. and then combine these elements to enable participants to make their own creations.

The five different parts of the workshop are:

- Body Training
- Energy Training (Qi)
- Mindfulness Training
- To make a small performance (work in progress)
- Theoretical introduction to XiQu, the body concept and the energy concept.

And then...

18-21 JUNE

Workshop on “Masks and characters in Commedia dell’Arte”

with Claudio De Maglio (Italy)

22-24 JUNE

Workshop on directing “Dramaturgy exercises. Think for actions”

with Eugenio Barba e Julia Varley (Denmark) for participants and observers

29-30 JUNE e 1 JULY

Performance “Invisible Cities” with all the participants

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