

aWork experiences – approach and biography:

Anna Borràs is a Spanish born artist with base in Malmö, Sweden. She is graduated in contemporary dance at the Institut del Teatre from Barcelona in 2010. Anna has worked beside different choreographers and companies such as Ramón Oller, Shlomi Bitton, **Alexander Ekman, Akram Khan**, Beбето Cidra, IT Dansa, Verve12 (UK), Retina Dance Company, Jasmin Vardimon, Nicolas Ricchini Company, Jorge Crecis SQx, Companhia de Dança do Norte (Portugal), Simba Dance Ensemble (Norway), Kernel Dance Theater (Barcelona), Skånes Dansteater (Sweden), among others.

Anna has participated in several dance competitions the most remarkable could be: 1st solo prize at **II Certamen Mujer Contemporanea** (Almeria, Spain), 1st solo prize Premi Beca Roseta Mauri (Reus, Spain), awarded with a choreographic commission by T.H.E Second Company at the **M1 Contact Contemporary Festival in Singapore** (Asia), Avayava Contemporary Dance Festival, Pune (India), I Festival Internacional de Danza Contemporánea de la Ciudad de México, México, finalist at the **X Certamen de Danza Burgos-Nueva York, The Holland Dance Festival**, semifinalist at the 18th International **Solo-Tanz Festival in Stuttgart** (Germany), Idartes Festival in Colombia, I Festival Sin Limites in Uruguay, Kalamata Dance Festival, **Oriente Occidente Festival**, 24ena Quinzena de Dança de Almada, Lisboa (Portugal), among others.

Anna began her choreographic project Indra Dance Company in 2010 together with his colleague. When, after some years in 2014 she also started running own works and collaborations with international artists around the globe, institutions and youth companies under the sign of **Anna Borràs Company**.

Anna's movement vocabulary **draws from intone dynamics, accurate energies and different physicality**. Anna believe that the body and mind has always time and space to adapt and develop to a more defined and strong identity. How Anna moves can be defined as **explosive, accented, fluid and honest**.

At Anna Borràs's Company **build kinesthetic skills** and new perceptual awareness through **moving in contact with others**. That's why we create by playing long **improvisation structures and contact tasks**. This allows us to **access** different **body – mind states** which gives the chance to go above the physical boundaries and make everything **limitless**. Our mind has an underestimate power and it's a precious tool that makes everything you connect with your body become another path to research and **reach virtuosity**. Tuning both to the **forces of gravity and momentum** as to the beauty of the simplest gesture. We let go of excess tension to **find ease and vitality**. **Our explorations bring subtlety, fullness, and flight to our dancing**.

The choreographer aspiration is to understand human beings and their personal relations as well as their relation to the surrounding world, never forgetting the comic side of things.

Throughout our dance we tell common stories, breaking the stereotypical hierarchy while creating an atmosphere where we initiate a simple journey in space and time which becomes a witness of balance between accessible and pioneer. We support the idea that art is an accessible medium of communication which can create a dynamic and at the same time fragile language that cannot be translated on another manner than dancing.

We also keep on exploring with the technology implemented in previous works.

We believe that *"Dance is our urge to experience human nature and its multiple manifestations – strength and spirit. With our dance we want to reach the unspoken, the inexplicable. We believe in dance that touches, in dance that speaks for itself and the one is stronger than anything."* Anna Borràs Picó.



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Description of the artistic practice - workshop of Anna Borràs Company

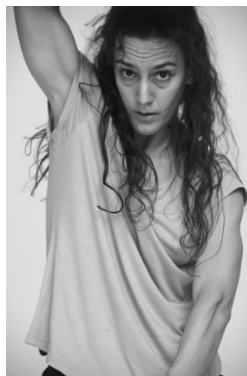
The class is developed in a rich, explosive and fluent fusion between principles of floor work, partner work-contact as well as the contemporary aspects of Anna's own style.

The first part of the class is mainly focusing on spine actions and on an own weight to fully activate the body while adding different layers of mental and physical states.

The second part usually focuses on how to redefine directions and achieve in 3-dimensional mode while creating momentum, smoothness and efficiency in movements, and also breaking the flow with accents through a fixed sequence along with a good background music. - Attention to the environment and what is happening, to be able to respond immediately to any demand.

The third part focuses on the different relationships between bodies. The use of space and the listening between two and more bodies. How to approach and take, how to make good use of your own body with another. In this last part we will be working on some material of our last creation "Aryo". Giving tools in how to be compact, how to use our breath, being detailed-accurate and getting in and out of the floor rapidly.

At the end of the workshop, participants will have gained tools to develop body awareness that will allow them to be reactive and agile with a minimal effort and with different qualities as they travel through space with all their exits open. Relating and making contact with more than one body in space but forming only one. Enhancing technique, coordination and performance quality



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"Renfilats" TANZtheater INTERNATIONAL Festival Hannover – Staatsoper Hannover

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Indra Dance Company, photo-shooting, Singapore.
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ANNA BORRÀS

Dance Artist
Choreographer