

All these bodies:

**tools for transformation and
becoming**



tania garrido
&neonymus (music)

Muscles are like ears that listen to the words of gravity. Bones are the directions that draw the map.

In this workshop I propose an immersion in our own physical being, and within its anatomy, with the aim of unveiling all these hidden bodies, seeking and knowing their expression and potentiality: comprehensive body, animal, mental, universal, ancestral body; learned body, forgotten, rejected, longed for, empty body...

My wish is to share some of the tools and experiences that have helped me in the creation of the work I will be presenting in the festival **[study for horn and body]** and, also, some of those that have affected me along the way. Hence, the person who receives it, will be able to have an idea of the universe that this way of understanding dance proposes and will be able to apply it to their own way of dancing or creating.

To meet **All These Bodies** we will dive into the imaginary of the piece. These are some of the materials we will be working with:

The dance that dwells between contrasts, the contemplative state, the breath, the beauty of the ugly, a metamorphosis, statuary time, the anatomic game, silence and meditation, the dance of in equivocal, the micro and the macro, a ritual, visiting primary emotions, moving and being moved, by people, by images... those given and those that arise from our own interest, moving only on the outside, moving only on the inside, being moved and being able to dance it and to share it.

We will be supported by the musician Silberius from Ura **[neonymus]** who will create atmospheres, improvisations and specific music for the workshop inspired on the music of the piece, that has its harmonic basis in the ancient Dorian mode, of Greek origin.

What I propose is to spend **3 days**, for **3 hours a day** playing and experiencing these elements. The workshop is **open to anyone** who has the desire to move and rediscover their body and all these bodies inside. No previous experience is necessary.

Video link [HERE](#)*

* Please note that, since this work is very new, I haven't taught this workshop yet. I only have the teaser of the piece where u can see some of the materials that we will work with. Nevertheless, I will be teaching this same workshop in March 2024 and I will be able to create a specific video for it on that time, so it can be ready for the summer. Thanks for your understanding.

Silberius de Ura
[neonymus]



One day, Tania invites Silverio to participate in her piece in which she is working with a deer horn. Silverio, a connoisseur of the wild, agrees and they begin to collaborate together.

Tania Garrido is a dancer, actress and choreographer. She graduated in physical theatre at the RESAD in Madrid, where she also began to practice contemporary dance, Contact-Improvisation and Butoh dance on a regular basis, extending her studies in numerous workshops in Europe and in New York City, where she lived and studied for two years.

She has been working professionally since 2003 with different national and international companies, traveling a little bit of the world. Among them are Sharon Fridman, Karlik Danza, Jesús Rubio and Teatro del Silencio. As a creator, she collaborates with other artists, such as Eva Alonso with whom she created *C o n v e r g e n c e s*, a short piece that won several awards. At the same time she generates her own solo work, creating the solos ETZEV[labor], winner of the first prize at Unidanza2011 and still on tour; PUPA, presented at the last edition of the festival Cádiz en Danza. [study for horn and body], is his latest creation and first long piece, performed together with the musician neonymus.

She has been teaching since 2009, offering workshops mostly in Madrid where she is now associate professor of dance and movement at the Mads School of Acting.

Silberius de Ura grew up halfway between the city of Burgos and the small village of Ura, located in a wild valley, with no road, electricity or running water in the houses. This contrast between 20th century modernity and an archaic way of life would define the framework of Silberius' artistic creation.

In his early youth, he abandoned his studies at the Conservatory of Music in Burgos and the pipe organ to embark on a self-taught path through electronic music, folk music, lyrical creation and videography, winning some important prizes.

In [estudio para cuerno y cuerpo] he assumes the responsibility for the creation of the live sound space, weaving a vocal polyphony that goes from contemplative to emotional ecstasy, always under the shelter of Tania Garrido's actions.

www.taniagarrido.com

www.neonymus.com

taniagarridomonreal@gmail.com