

CODASI NEWSLETTER

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Workshops in Palermo

In October 2023, the CODASI consortium held a five-day workshop in Palermo

Each partner shared their methods and now we want to share them with you.

Summary of the workshops in Palermo:

- Day 1 - L'espace - Natural Dance Movement and Zhineng Qigong representing a new approach to dance to resolve tensions and evolve human beings.
- Day 2 - Dame de Pic - Workshops bringing people together, developing stories of details, codes, games and rhythm.
- Day 3 - Nowa Fala - Action based on conceptual choreography, mindfulness, pleasure and group work.
- Day 4 - La Galerie Chorégraphique - presentation of activities through videos of previous projects.
- Day 5 - Kulturanova - the Alexander Technique used by OSSA Dance Company and an exploration of how the company incorporates inclusion and sustainability into their choreography.



5 partners - 5 methodologies



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Pilot Sessions

After the workshops in Palermo, we carried out pilot sessions in each of the countries: Belgium, France, Italy, Poland and Serbia to check the quality of our exercises and methods in terms of sustainability and inclusion.

New manual available now! Learn more about the CO.DA.S.I. method.

Thanks to the workshops in Palermo, the project partners had the opportunity to exchange their choreographic methods on the two main themes of the project: sustainability and inclusion. To create this manual, all partners proposed three exercises that they use in their daily dance practice with professionals and students. These exercises constitute the CO.DA.S.I. method, which is based on the shared experience of the partner dance companies. A common feature was identified, sustainability not only in the economic and environmental context of contemporary dance, but also in the context of the balance of the dancers' bodies and the balance between body and mind, which is essential to ensure a long-term career in contemporary dance. Most of the exercises included in the CO.DA.S.I. method refer to this particular meaning of sustainability.

Partners:

centro coreografico
l'espace
p a l e r m o

la galerie
chorégraphique
production art de la scène

Kulturanova

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