

# **BODY. ACTION AND AUDIENCE**

## **ARTISTS' workshop with SEMOLINA TOMIC For professional circus artists**

From October 17 to 21, 2022 at La Central del CIRC  
**(Deadline for applications: July 10, 2022, 23:59h)**

The main aim of La Central del CIRC's Artists' Workshops is to generate and facilitate shared encounters where a range of dynamics and types of artistic knowhow can be experienced. For each of these free, group Artists' Workshops, La Central del CIRC put out a call to select the professionals who will take part.

This time, the workshop in performance practice will be run by **Semolina Tomic**, assisted by physiotherapist **Federico Ricciotti**. The aim of the practice is to help each artist begin to discover how to construct the creative process for a Solo Performance, focusing on work with body energy and the relations between body-thought-word. The creative process will inspire individual development that is physical, mental and emotional. As a conclusion, on the last day of the workshop there will be a presentation of each participant's creation to develop their skills performing in front of live audiences.

Overall, the main objective is to work with the body-word relation: what you say with your body, what you say with that part of your body that works when you use your voice, what makes us perceive the body as a whole (the general sense or narrative, or the global visual processing), what other sounds your body emits apart from your voice, how to construct a narrative, which factors affect others...

The workshop, which won't use circus apparatus, will take place **from Monday 17 to Friday 21 October, from 10am to 3pm**. On Friday, October 21 at 6pm there will be a public presentation.

## 1. WORKSHOP CONTENTS

The work is divided into two basic axes: dynamic meditation and performative action. Using dynamic meditation we will proceed through different states of consciousness, and these will then be applied to the creation process for a Solo Performance.

We will begin by establishing the principles of dynamic meditation, learning to observe how energy flows through our bodies, whether actively or passively, and coming to understand the dual polarity of this movement. Although the idea of DYNAMIC meditation may seem contradictory, dynamic in this context refers to effort in combination with silent meditation. This kind of meditation, devised by Osho, breaks with traditional models, proposing instead a modern method that alternates stages of concentration with states of activity. The actions and thoughts that emerge from these activities are key to changing the way the creative process is approached.

The next part of the workshop is geared towards developing a Solo Performance. At the beginning of the creative process, participants will construct a research base that will be revised and expanded in order to obtain the necessary materials with which to devise a performance. Working with the body, the voice and written texts, each participant will search for their own means of expression, using a variety of tools related to movement, performance, dance and theatre.

On the final day, each participant will present their own performance based on the results of their individual practice. The amount of practice and the length of the performance are not as important as the Why? and the How? of what is being carried out. Presenting in front of the other participants is also key for developing individual practice skills in front of an audience as well as for the audience and the workshop themselves.

## 2. ABOUT FACILITATOR SEMOLINA TOMIC

**Semolina Tomic** is the artistic name of **Julijana Tomic Fajdetic**, multidisciplinary artist and creator. Born in 1966 in Osijek (Croatia), she has lived in Barcelona since 1985. She trained in acting and dance at the *Osijek Theatre Institute* (Croatia), classic and contemporary dance at *La Fàbrica* (Barcelona), and performance, dance and Alexander technique at the *School for New*

*Dance & Theatre Development, Da Costa Kade*, (Amsterdam, Netherlands). She has also taken courses in music, instruments and drums with Carles Buiria (drummer for hardcore Barcelona band, Subterranean Kids). Between 1989 and 1994 she herself was the drummer for hardcore punk band POPPINS, releasing 3 records. During the same period she was active as a performer both on her own and in collaboration with other artists. Between 1995 and 2003 she worked as actress, choreographer and creator with Catalan company LA FURA DELS BAUS, although by 1999 she had already established her own company, SEMOLINIKA TOMIC (<http://semolinika.anticteatre.com/>). In 2003, on leaving La Fura, she founded L'ANTIC TEATRE – ESPAI DE CREACIÓ (<http://www.anticteatre.com/>) – now a model for the independent live arts scene – with the aim of supporting and encouraging innovation and the development of new multidisciplinary performance languages.

Since 2016, Semolina Tomic has been touring both nationally and internationally with SOCIEDAD DOCTOR ALONSO's show "ANARCHY", which premiered at the *Festival TNT de Terrassa* (September 2016) and which has been widely acclaimed: "an experience that isn't innocuous" (*La Directa*); "Tomic is a machine of expression, a performer to be watched" (*Recomana.cat*) and "Sociedad Doctor Alonso joining forces with the alma mater of Antic Teatre, Semolina Tomic, was bound to produce something good – and Anarchy is the proof." (*El Núvol*). For more information: [http://www.anticteatre.com/events/event/anarchy\\_societat\\_doctor\\_alonso/](http://www.anticteatre.com/events/event/anarchy_societat_doctor_alonso/)

Over the course of these years, Semolina's extended and prolific artistic career has earned her a number of awards, such as the FAD Sebastià Gasch Award for Theatrical Arts (2004), Most Innovative Theatre Programme in Spain from the Huesca International Theatre and Dance Fair (2004), the Dansacat 2014 awarded to the Antic Teatre team, the 22<sup>nd</sup> Performance Arts Critics Award (2019) to Antic Teatre, the QUÈ FEM? award from La Vanguardia for Best Theatre (2019) and Best Theatre Award from Time Out Barcelona (2021).

For the duration of the workshop, we will have support from **Federico Ricciotti**, physiotherapist, acupuncturist and spineology specialist. His areas of expertise will complement those parts of the workshop involving the development of mobility and flexibility. Federico's input will be key to providing the physiological knowledge required for breathing exercises and the function of the body in movement

Federico has practiced physiotherapy for many years, developing his own work philosophy that, in combination with his extensive fields of knowledge, make him an expert in health, wellbeing and physical recovery. His practice is based on values of attitude and professionalism. Most importantly, he works from a global and holistic standpoint and is able



to change the physical limitations of his clients, increasing their potential not only in movement, strength and flexibility but also in the recovery of physical and mental wellbeing.

### **3. PROFILE AND SELECTION OF PARTICIPANTS**

La Central del Circ are issuing a call to select the professional artists that will take part in this free, group workshop. **We are looking for 14 artists from any circus discipline** who are interested in experiencing an intense method of preparation for performance.

Points will be given for applicants' understanding and artistic vision based on their own practice, as well as for the ways in which they develop their work.

Previous experience in this type of work is not required, nor do you have to be La Central del Circ user, although we will be seeking a balance between users and artists who don't come here regularly. Priority will be given to those with full availability and those who have not taken part in a Circus Workshop in the last 12 months.

Applications must be sent using the [online form](#) before July 10, 2022 at 23:59. Participant selection will be carried out jointly by the facilitator and the La Central del Circ team, and the final selection will be made public on July 27, 2022.

**For any further questions related to the call, please contact  
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