

SUPA 2007

Summer University of Performing Arts '07
Theatre Studies, Mediterranean Institute, University of Malta

Sensation, Action and Identity in Movement Improvisation

A Dance-Based Performing Arts Workshop
by Nicola Critien and Sandra Mifsud

Date: Monday 13 – Thursday 16 August 2007

Time: 10:00 – 15:00

Venue: MITP Theatre, St Christopher Street, Valletta

The workshop is an intensive period of practical work on contemporary dance-based elements of performing craft. Participants will be guided to individually research ways in which movement based expression can be initiated, developed and 'refined' from inception stage to performance level.

Nicola Critien trained in classical ballet, contemporary dance, jazz dance, and improvised movement. She performed internationally with contemporary dance group Contact Dance Company and delivered various creative movement workshops. Nicola gained a Masters degree in Performance Psychology at the University of Edinburgh. Her research on Talent Development in professional dancers was published in the December 2006 issue of the journal *Research in Dance Education*.

Sandra Mifsud trained and pursued her major examinations in classical ballet, modern dance, and flamenco at the academy. She specialised in contemporary dance and from 1999 performed extensively both locally and overseas as founding member and acting rehearsal director of Contact Dance Company (1999–2004). In 1997 and 2006 Sandra performed two premier physical theatre productions with Theatre Anon. In 2006 and 2007 Sandra was invited to create and perform two original improvisational works as part of the *Festival for Sacred Arts*. Sandra has taught and given workshops in contemporary dance and movement improvisation since 1998.

Workshop Fee: Lm 40 or 94 euro

The workshop is open to a limited number of participants. To participate, please send a brief performing arts CV along with an email explaining your interest in the workshop. Participation will only be confirmed on receipt of the full fee.

To apply for this workshop and for more information, write to:
contact@tarf.info



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A Dance-Based Performing Arts Workshop

by Nicola Critien and Sandra Mifsud

The workshop will explore three basic areas aimed at facilitating the development of improvisation material and choreography, namely:

- Sensation
- Action
- Identity

The workshop will explore various awareness techniques and exercises based on Contact Improvisation. This type of dance was founded by the artist Steve Paxton in the United States in the early 1970s, and is an investigation into the expressive possibilities of the body outside the codified and predefined schemes of the classic approach to movement. Through active improvisational exploration with these three key questions as guiding points, the performer will be better equipped to acquire further confidence in developing authentic movement.

Each day of the workshop will commence with a warm-up based on a combination of simple modern/contemporary dance breathing, stretching and co-ordination exercises.

Day 1- Sensation

Potential body possibilities

Relaxation and awareness of the body through movement

Practical investigation of spontaneity

Awareness and spontaneity in movement

Day 2- Action

Emotional content and will in action

Composition in the space

Building the structure

Structural improvisation

Day 3- Identity

Psychological gesture

Personality statements through movement

Intention and personality

Day 4 – Choreographic work

Choreographic sequence

Adding elements of dynamics and more elaborate use of space

Consolidating participants' research material from previous days – building towards performance level

Bio Notes

Nicola Critien started her training in Classical Ballet (The Royal Academy of Dance) in 1980 and after 20 years of classical education furthered her training in Jazz/Modern Dance. In 1998 she began her study of Contemporary dance and improvised movement. She is a founder member of contemporary dance company, Contact Dance Company (1998-2004) with whom she performed both locally and internationally, participating in modern dance platforms, competitions and festivals throughout Europe.

During her time at St. Michael's Foundation for Education Malta (1998-2002), Nicola proactively organised and led work-shops in Creative Movement and Improvisation for the dance students. Following her travels around Asia and Australia, she worked at the Creative Arts and Psychotherapy Department of The Eden Foundation (2003-2004) where she taught creative movement classes to individuals of different abilities.

In Melbourne, Australia, Nicola continued her training in contemporary dance, attending Chunky Move Dance Company classes and working in Contact Improvisation with Martin Hughes, former student of Nancy Starke Smith. She also studied and performed the Theatre of the Ordinary, with Al Wunder, a guru of improvisational theatre.

In 2004 Nicola attended the University of Edinburgh where she gained a Masters degree in Performance Psychology. Her research on Talent Development in professional dancers was published in the December 2006 issue of the journal *Research in Dance Education*. In Edinburgh she worked in Contact Improvisation with Janis Claxton and also trained in Cunningham technique and Capoeira at Dance Base, the Scottish National Centre for Dance.

Sandra Mifsud began her training at the Princess Poutiatine Tanya Bayona Academy of Ballet, and pursued her major examinations in classical ballet, modern dance, and flamenco at the academy. Sandra specialised in Contemporary Dance under the tuition of Francesca Abela Trantar for over 10 years. During her years of training she performed extensively both locally and overseas as founding member and acting rehearsal director of Contact Dance Company (1999-2004). Sandra choreographed *Recited Spaces*, which was performed by Contact Dance Company in Malta, Hungary and Tunisia in 2004.

In 1997 and 2006 Sandra performed *Rewwixta tal-Patalott* and *Agamemnon* with Theatre Anon. She was invited by St. James Cavalier to perform at Passiontide Festival in 2006 and Festival of the Sacred Arts in 2007. Sandra created and performed both works which were performed at an improvisational level. In 2006 she was a solo performer and worked with Mozart's *Grab M.usik* In 2007 she performed Dance Meditation, a collaborative work with Renzo Spiteri.

Since 1998 she has been teaching modern and contemporary dance in local musical theatre, drama, and dance schools. In 2006 she was invited by the University of Canterbury to conduct a movement workshop with first and second year interior architecture students: *Movement as the design of space*.

- Workshop fee of 94 euro should be deposited in this account:

Euro Account Bank Details for SUPA (*care of Icarus Performance Project*)

Bank:	Bank of Valletta p.l.c.
Account number:	4001 4300 086
Bank's BIC:	VALLMTMT
IBAN:	MT73 VALL 2201 3000 0000 4001 4300 086
Bank Address	Bank of Valletta p.l.c. 23, Dun Tarcisio Agius Square Marsascula ZBR 09. Malta. Tel: +356 2163 7577/8

IMPORTANT: Any bank charges incurred in the transfer are to be paid by participants. The amount deposited has to be 94 euro.

Write to contact@tarf.info when transfer is made so that your participation may be confirmed. Maltese participants can send a cheque in local currency (Lm40). Contact organisers for details: contact@tarf.info.

- **Reservation Policy**

If you have reserved a place for this workshop and the fee is not transferred by **a *stipulated date***, then we would consider that you are no longer interested in participating and will offer that place to someone else on the waiting list.

- **Cancellation Policy**

75% refund of fee if notified by 22 June 2007

50% refund of fee if notified by 10 July 2007

No refund later than 11 July 2007

contact@tarf.info

- **Currency Converter**

Currency in Malta is the Maltese Lira (Lm)

1Lm = 2.35 euro

<http://www.euroverter.com/>

■ Accommodation in Valletta

Participants are expected to find their own accommodation. The following is a list of guesthouses and hotels in Valletta that may be contacted. All accommodation in Valletta is within walking distance of the MITP theatre (Old University Theatre, St. Christopher Street) where the workshop will be held. *Prices shown here are for guidance only and need to be confirmed with the establishments concerned.*

Asti Guest House. 18, St Ursola Street, Valletta. Tel. +356 2123 9506

www.mol.net.mt/asti

Single: Lm7 (ca 17 euro)

Midland Guest House. 255, St Ursola Street, Valletta.

Tel. +356 2123 6024

Fax: +356 2168 9766

robertgz@maltanet.net

Single: Lm6 (ca 15 euro)

Bonheur Guest House. 18, Sappers Street, Valletta. Tel. +356 2123 8433

bonheurmalta@hotmail.com

Single: Lm6 (ca 15 euro)

The British Hotel. 40, Battery Street, Valletta.

Tel. +356 2122 4730.

Fax: +356 2123 9711

Single Lm14 (ca 35 euro)

Twin Lm21 (ca 50 euro)

Contact hotel for more options

www.britishhotel.com

info@britishhotel.com

Castille Hotel. Castille Square, Valletta.

Tel +356 2124 36 77/8

Fax +356 2124 3679

Single Lm18.50 (ca 44 euro)

Contact hotel for other options

www.hotelcastillemalta.com

reservations@hotelcastillemalta.com

Osborne Hotel. 50, South Street, Valletta.

Tel. +356 2124 3656/7

Fax +356 2124 7293

Single Lm19.00 (ca 44 euro)

Contact hotel for other options

www.arrigogroup.com.mt

www.osbornehotel.com

osbornehotel@onvol.net