



impro festival

NON SO SE RIDERE O PIANGERE

Behavioral cages and emotional storytelling

GILA MANETTI

16 hours, level: medium/basic

Language: Italian

Max: 16 students

salento 2016

A dip in the emotional body.

Through the emotions we communicate much of the meaning of an action, a text, a stage movement.

Emotions are significant in dramaturgy, in the unfolding of a story. Who gets excited and how he gets excited, he returns an engagement signal, a stance, the passion. The emotion tells.

How and how much we need to release those emotions? When this is the case, when it is most advisable to repress them and bring out only hints or puffs as compressed steam from a coffee maker? Going for steps we enter in the perception of our emotional heritage and of our ability to act out, then we will put obstacles due to the times, situations, characters and relationships. Indeed there will be to laugh and cry. Workshop for all those who have a heart.

Gila

Bio: she began her theatrical training, music, and art of dancing when she was 15, through intensive workshops with various teachers. At 18 she worked steadily in theater with an experimental theater company, (Mascara Popular Theatre Of Art) as an actress and teacher. In 1993 he joined the Liit (Italian League of improvisational theater) developing impro techniques. Also in 1993 she opens a meditation center in Florence and develops a method based on the breath (Self-Healing ©) that originates from the Re-birthing technique which still continues to deepen. Since 1998 she conducts a specific group for women: The female body of the divine. From 1996 to 2011 she collaborated with Massimo Salvianti as an actress, in training courses, partnerships director, staging, writing and together they directed the Teatro delle Stanze, troupe of social, civil, prose theatre. In 1996 she started working with the Company Theatre (Ted Roberta Pinzauti) as an actress and trainer, path that continues with AD-HOC.

She now works as a trainer for the theater, (voice and breath) in the biennial school Improvivo (Marche), in the three-year school Teatrimisti (Florence) in the finalization of Improvisation (Match d'Improvvisazione Teatrale, Comedy; Tuscany, Marche, Emilia Romagna), as an actress with various impro troupes: Liit- Lif- Improteatro, Improvivo, Teatri Misti, in the street theatre with Cantiere Ikrea as trainer in work paths on the breath and voice. With her work on breathing and meditation techniques mainly developed by Osho, over the years she works on theatrical training by integrating the various artistic and creative activities. In "Breathing Theater" directs the activities of the "Teatro del Sé" and "Teatro dell'Eco", training experiences and theatrical production.

She participates with a fixed character (Gina, Housewives of Hopes) in a weekly radio broadcast in audio and web TV. Controradio (Popolare network) on Saturday morning.