

## **DISCIPLINES:**

### **Wellness through contemporary dance, release technique.**

Wellness Through Dance is a specific path accessible to all with individual or group lessons. To achieve fluidity in movement, the student follows a work on conscious breathing, the perception of the skeletal structure, the sensitization of connective tissues, joint mobility and muscle lengthening. Psycho-physical well-being and the pleasure of moving.

The release technique focuses on the principles of "ease of movement" and "fluidity". Participants learn to minimize tension in the body to create freedom of movement. Releasing your body weight to the floor and using your breath to stimulate movement are part of the learning process. The style focuses on using energy, gravity and momentum to create dynamic movement.

The lesson is open to anyone who wants to approach this method and find their well-being through the fluidity of movement.

Coach: Patrizia Lo Sciuto

Patrizia Lo Sciuto was born in Sicily in Trapani, a provincial town, in a family context where art was at the center of personal development. She obtained the contemporary dancer training diploma in Paris at the "Rencontres Internationales de Danse Contemporaine" (RIDC) institute, directed by Françoise and Dominique Dupuy. In 1991 she obtained the "DE", French Diploma, for teaching contemporary dance. In Paris she also studied the Limon technique with Josée Cazeneuve and AFMD, Functional Analysis of Danced Movement, with Odile Rouquet.

She studied many contemporary dance techniques in Paris, Brussels and Rome and followed the pedagogical work of great masters including: Ernie Adams, Hans Zulling, Christine Bastin, Brigitte Hyon, Marie-France Delieuvain, Françoise and Dominique Dupuy, Weyn Briars, Dominique Duszinsky, Jean François Duroure, Viola Farber, Mourray Louis, Josef Nadj, Hervé Diasnas, Stuart Shugg.

In Brussels, after following the dancer's training directed by Anne Teresa De Keersmaeker (a training experiment that De Keersmaeker made before creating PARTS), she participated in a residential workshop on choreographic compositional techniques held by the American choreographer Trisha Brown. After this significant meeting in Paris she deepened her studies of Release Technique with Diane Madden, Shelley Center and Greg Lara members of the Trisha Brown Dance Company.

Today she co-directs the Moto Armonico Dance company, based in Trapani. She has participated in all the company's productions and tours in Italy and abroad, as a dancer and choreographer.

### **Meditation: Meditation eliminates stress, rebalances the mind-body relationship, prevents diseases, produces well-being.**

Coach: Betty Lo Sciuto

Graduated in Medical Qi Gong (Secondary Level) and Traditional Chinese Massage, Tuina, (Beijing University of Chinese Medicine), under the direction of dr. Li Xiao Ming participated in internships held by Dr. Liu Dong and in Daoyin and Chinese Energetics seminars conducted by Dr. Zhu Miansheng, teacher of the "Ars Asiatica" Association in Paris.

### **Theatre improvisation:**

Improvisation games based on Greek comedy and tragedy.

Coach: Lidia Miceli

At the age of twenty she graduated as an actress at the "Silvio D'Amico" National Academy of Dramatic Arts in Rome. Since 2006 she has been working in the theater as an actress with directors such as: Lorenzo Salvetti, Paolo Terni, Massimo Di Michele, Emma Dante, Daniele Salvo, Walter Malosti, Vincenzo Pirrotta and others. She performed at the Eliseo Theater in Rome, the Regio Theater in Turin, the Litta Theater in Milan, the Greek Theater in Syracuse. In 2011 she obtained a specialist degree in Literature with a specialization in Entertainment at the La Sapienza University of Rome. She took part in several national radio and television broadcasts as an actress/writer of comic texts. In 2013 she worked as assistant director at the Gigi Proietti Globe Theater, and continued her training as a director studying with internationally renowned Masters of Art, such as Dario Fo, Renato Giuliani, Marianne Weems, Yoshiko Chuma, Tian Masha, Elia K. Schneider. In 2019 she signed the direction with Alessandro Moser of a very current version of " Open couple almost wide open " by Dario Fo and Franca Rame, which was selected for the Season of the Parioli Theater in Rome. A few months ago she created the La Giullarina project to promote artistic activities and theater workshops for adults and children, that currently take place in Trapani.