

WAVE DANCE LABs

artistic direction **Rafael Alvarez** | **BODYBUILDERS**



BODYBUILDERS | **Rafael Alvarez** promotes in the scope of the **WAVE Project** a program of dance training and choreographic creation labs directed to different target participants - **students and professionals of dance/performing arts, 55plus & seniors and people with disabilities/disabled dancers**. In these different laboratories the participants are challenged to explore and develop a choreographic proposal with public presentation.

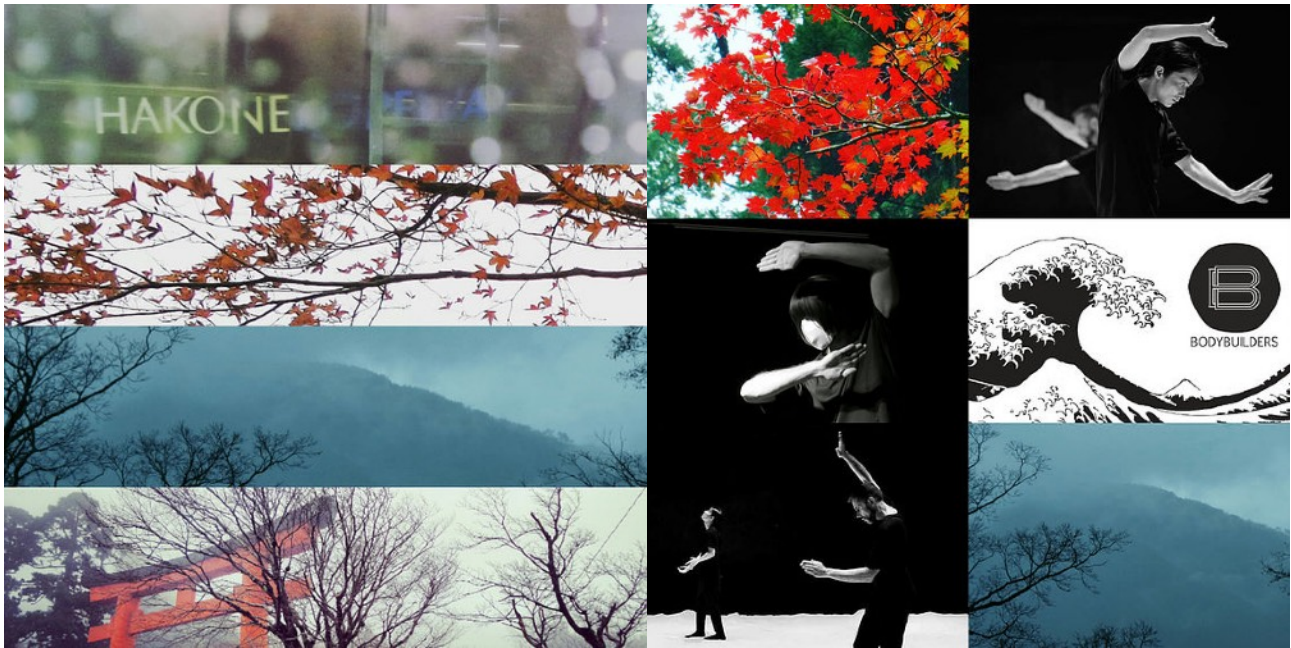
The process of training, research and creation is structured through intensive laboratories culminating in the presentation of a final show.

The project WAVE (Portugal-Japan-France-Malaysia), continues the research and choreographic creation initiated in 2017 by the Portuguese choreographer Rafael Alvarez in Japan. In addition to the creation and touring of the solo "IN THE RANGE OF A WAVE" (2017) and the duet "A WAVE FROM A DISTANCE" (2018-19), it also integrates a set of creation, presentation and training activities (residences, shows, laboratories and masterclasses) held in Portugal, France, Japan and Malaysia involving locally professional artists and students of artistic higher education, dancers with functional diversity, over 55 & seniors in the presentation of different creations of connection to the Community.

An initial image motivates the creation of this project, remaining invisible but present - "The Great Wave of Kanawaga", iconic work of the Japanese painter Hokusai, created in 1830 and reproduced from the mid-1870s through a series of lithographs using the traditional Japanese print technique known as ukiyo (literally, "floating world").

In this floating world nothing is too small or insignificant to hold our attention. This project of shadows, evocations and masks whose Hokusai wave allows to embody is a double invitation to travel and stillness, plunging East and West into a coexistence of readings and images, where the least is more.

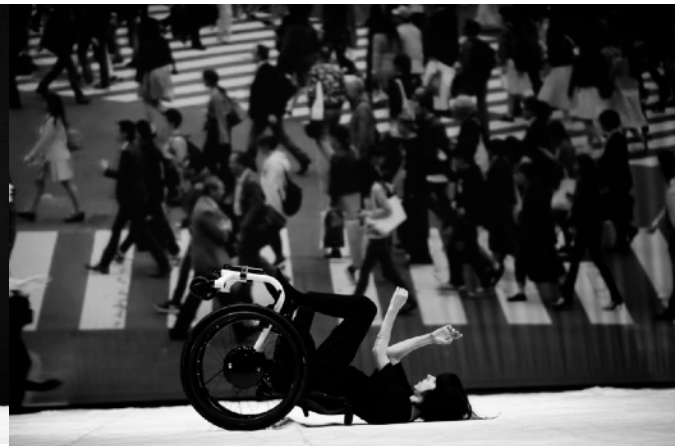




The WAVE DANCE LABs invite all participants and audiences to immerse themselves in creative, visual and movement journey inspired by Japan, to discover through a silent dialogue, the simplicity and power of the main materials and materials present throughout this creation - Light and Shade, Body and Paper, will contribute for the exploration and construction of a dance piece that is located at the border between an inhabited installation, a choreographic landscape and a ritual of monochrome movements.

In addition to exploring the image of the Great Wave that inspires and accompanies this project, other materials and research sources will be introduced through proposals for improvisation and composition as well as sharing of methodologies and tools for creation/interpretation in contemporary dance, in the context of a true laboratory highlighting the sharing and exchange, individuality, autonomy, artistic identity and creativity of each participant. Creating simple choreographic structures and scores, based on a common vocabulary and developing states, rituals and qualities of movement experienced during the laboratory.

Focusing our attention on form and movement, on emotions and senses, readings and metaphors drawn from our body - a collection of symbolic, abstract and poetic gestures, images and choreographic sketches. Silence, immobility, balance, imbalance, absence, presence, pauses, suspensions, invisibility, breathing. These are the keywords that guide the WAVE DANCE LABs. A work that begins with a collection of images that drive the body into a movement between memory, space and presence, discovering possibilities for creating haikus with the body and its shadows, revealing a dance of ephemeral rituals of absence and presence, inside and outside of the light - in the shadow of the body and in the body of shadows.





Target Participants //

- Dance/Performing Arts professionals (choreographers, dancers, performers) or dance/art students; dance practitioners amateurs.
- 55plus and Seniors, with or without previous experience, with interest for the discovery of the languages of contemporary dance for the pleasure of dancing and for the development of their creative potentialities valuing their life experience.
- Dancers with disabilities with or without previous experience in dance, inclusive dance practitioners.

Format //

- Intensive 1-week lab (3-4 hours daily)
- Final show presentation (final show or informal presentation)

Previous and Future Editions //

April 2018, Ryogoku Bear, **Tokyo**
 October 2018, Rimbun Dahan, **Selangor/Malaysia**
 April 2019, Micadanses, **Paris**
 May 2019, Carpintarias de São Lázaro, **Lisbon**

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Artistic directions and coordination: **Rafael Alvarez**
 Production: **BODYBUILDERS**



Rafael Alvarez

Choreographer and dancer, set and costume designer, researcher and teacher.

His choreographic work has been presented since 1997 in Europe, South America and North America, Middle East, Asia and Africa. Over the last 20 years, he has been developing a highly visual choreographic work revealing a strong personal imagery that stands out for an enigmatic, symbolic, poetic and minimalist use of the body, movement and space.

He has been teaching since 1998, Contemporary Dance - Improvisation/Composition and Inclusive Dance, involving students and professional dancers, people with disabilities, 55plus and seniors, people with Parkinson's, children and artists in general. As a dancer/performer he has collaborated in projects and performances directed by the choreographers - Francisco Camacho / EIRA (PT), Christian Rizzo (FR), Lynda Gaudreau / Lucky Bastards (CN / FR) and by theatre director Luís Castro / Karnart, among others. He has directed workshops and labs in Portugal, Spain, Italy, France, Germany, Belgium, China, São Tomé and Príncipe, Russia, Dubai, Argentina, Brazil, USA, Japan and Malaysia.

Coordinator and teacher in the project *Contemporary Dance for 55plus & Seniors* who has been directing since 2001 in Lisbon integrating weekly classes, labs and presentations. Artistic coordinator of Plural_Inclusive Dance Company and inclusive dance teacher at LIGA Foundation ONG (since 1998). Integrates the teachers team of the Dance Project with Pk - Dance Classes for People with Parkinson's (member of Dance for PD/USA). Teacher of Improvisation/Composition at the FOR Dance Theater Training Program / Olga Roriz Dance Company (2017-19).

PhD in Communication, Culture and Art - Faculty of Human and Social Sciences, UALG. Post-graduate in Communication Sciences - Contemporary Culture - Faculty of Social Sciences and Humanities - Universidade Nova de Lisboa. Graduated in Stage and Costume Design and in Theater and Education - IPL Theater and Cinema Superior School. He was a fellow grant recipient in Dance by the National Culture Center - Portugal (2000-2002).

Integrated Researcher at CHAIA – Center for History of Art and Artistic Research (Portugal). Artistic Coordinator of Plural_Inclusive Dance Company of LIGA Foundation (Lisbon). Co-founder of ANKA Inclusive Dance Company of São Tomé and Príncipe. Founder and Artistic Director of BODYBUILDERS – Contemporary Dance & Performance (Lisbon, Portugal).

BODYBUILDERS | Rafael Alvarez is an artistic creation and production dance structure based in Lisbon, focusing on the dimensions of the body, contemporary dance and choreographic language, at the intersection with other artistic and research areas. His activity focuses on the production and diffusion of the work of the choreographer/dancer Rafael Alvarez, based on a dynamic of partnerships and collaborations with other creators and other creation, production and programming structures in Portugal and internationally. In addition to the creative and artistic research aspects, BODYBUILDERS invests in a deep and continuous way in the development of projects of dialogue and exchange with broad publics in the approach of Contemporary Dance to the Community, in the development and formation of public and artistic training, seniors, children and young people, people with Parkinson's, people with disabilities / functional diversity, non-professionals, students of artistic and vocational higher education and artists in general in the training / creation activities led by Rafael Alvarez and co- organized by their partners. It understands and promotes artistic practice and experimentation as a plural space of intervention, reflection and questioning betting on the aesthetic, ethical and political dimension of the Body, as an element of transformation / interpellation of the world, an agent of paradigm change and realities. BODYBUILDERS - body under construction, body in dialogue.

Since the beginning of its creation in 2016, BODYBUILDERS has been supported by the following organizations: Calouste Gulbenkian Foundation, Directorate General of Arts / Ministry of Culture - Portugal, Camões - Institute of Cooperation and Language / Ministry of Foreign Affairs - Portugal, GDA Foundation, FUJI Film Portugal and partners - University of Évora / School of Arts, Superior School of Dance, Superior School of Art and Design Caldas da Rainha, CHAIA - Center for History of Art and Artistic Research, LIGA Foundation, Ryogoku BEAR (Tokyo), Ko Moruboshi Archive (Tokyo), Duplacena, Culturgest / CGD Foundation, Negócio/ ZDB, Embassy of Portugal in São Tome and Principe, Embassy of Portugal in Tokyo, among others.



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Contemporary Dance & Performance

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