



## **The Seed of Listening**

(International Artistic Residency in the Nature)

**FROM 20 TO 26 AUGUST 2023**

### **What is it about**

Seven days of workshop immersed in the nature of what we have called "Bosco di Simurgh", rich in plant and fauna biodiversity, in the heart of which stands the new headquarters of Teatro Simurgh.

### **Where**

Just outside Tuffillo (CH), a small village located at 600 meters above sea level, on a spur of rock overlooking the valley of the Trigno river, an area of extraordinary beauty among the least known in Italy, covered in primary woods and medieval villages that adorn these Apennine hills, in the extreme south of Abruzzo.

### **Why here**

In the technical-administrative language this territory would be defined as a "depressed area" due to the absence of industrial activity, intensive cultivation and above all due to a very low density of inhabitants per sq km. Instead, precisely because of the aforementioned characteristics, we have chosen to carry out here a multidisciplinary and holistic project matured in more than thirty years of research and creation where theatre was conceived above all as an instrument of inner evolution of the individual, of which the show (beyond the theme treated and the scenic language created) becomes a harmonic consequence. Quality of presence where the form is the substance of a real cognitive process to be shared with the viewer.

### **What we will do**

We will try to plant "*the seed of listening*" in our presence as artists and human beings. Through a series of exercises rooted in disciplines that, in addition to the actor/dancer/singer training field, embrace knowledge belonging to other spheres such as anthropology, philosophy, biophilia and mysticism, we will explore the innumerable possibilities and modalities that our body has to listen consciously.

The container, as well as the source of every physical, psychic and emotional impression of all the work will be the nature that surrounds the theatre house. For this, many exercises and thematic improvisations will be practiced directly in the woods. Singing, poetry, music, actions, dance, will be nourished by listening to the forest. The forest, with its harmony of sounds, colors and smells, becomes a mirror and metaphor of the possible harmony of our interiority, of the silence that lives hidden within us, but which when heard reveals itself to be the only language of love towards human beings and towards the whole of creation.

So, for example, the last verse of sonnet 23 by William Shakespeare tells:

"O, learn to read what silent love hath writ:  
To hear with eyes belongs to love's fine wit."

The eyes can therefore hear, just as any other part of our body can hear. If we train ourselves in this listening capacity, it is possible to create an empty space within us, free from any dross of judgement, fear and expectation.

### **What are we aiming for**

Experiencing that inner empty space therefore becomes the essential objective of the work. Empty space is the place of silence that opens the door of consciousness. Consciousness receives impressions from the outside world for nourishment and opens the door to creative imagination. This in turn processes images and ideas that generate content. To transmit these contents, however, the scenic artist has only his own body (of which the voice is a part) available. If the body has been cleansed of all psychic and emotional waste, it becomes an essential body, capable of listening attentively with every part of it. Thanks to this listening, the artistic form of the content is expressed in the scenic body and, thus, the story comes to life.

### **Participants**

Stage artists/students (actors, dancers, singers, musicians, directors, playwrights), but also people who work in other professional fields where it is necessary to express oneself through the body and voice to communicate, teach, cure, train, etc. they can, if interested, participate in this residency.

### **Contribution**

The contribution per participant is 300 euros, which includes:

- Payment for the laboratory (49 hours of actual work).
- Accommodation in the historic centre of the village of Tufillo.
- Meals for lunch (breakfast and dinner are paid by the participant).

### **Logistics**

Arrival on 19/08/2023

Workshop from 20/08 to 26/08

Departure on 27/08

The laboratory will take place in a working room of the Teatro Simurgh's headquarters and outdoors in the woods that surround it. The working hours are from 09.00 to 12.00 and from 15.00 to 19.00.

Between the historic centre of Tufillo and the Bosco di Simurgh there are 10/15 minutes on foot.

Lunch will take place in the refectory of the house/theatre whose kitchen will be managed in groups taking into account any different dietary needs of the participants.

Breakfast and dinner can be prepared in the kitchen of the lodgings.

In Tufillo there are a grocery store and an excellent bakery that makes bread, pizzas and delicious sweets, with local quality ingredients.

### **Enrolment**

The maximum number of participants allowed is 10 people.

To enrol, it's necessary to send a brief curriculum or biographical note, a photo and a short motivational letter to [info@teatrosimurgh.com](mailto:info@teatrosimurgh.com)

Entries will be received until 14/08/2023

For more detailed information on logistics and transport for the residence, you can call +39-331-7270427 / +39-331-7142412.

For further information on the trajectory of Teatro Simurgh and its founders, visit the website [www.teatrosimurgh.com](http://www.teatrosimurgh.com)

For updates on the latest activities you can go to the Facebook page:

<https://www.facebook.com/Simurgh.TEATRO/>