

# SCENIC LABORATORY 5

**RAKESH SUKESH**

APRIL 15 TO 19, 2019

SÓLODOS / BARVA DE HEREDIA / COSTA RICA

SÓLODOS CREATION AND RESEARCH SPACE CR



**PRESENTATION OF THE CREATION AND RESEARCH SPACE**

**PRESENTATION OF THE LABORATORY OF RAKESH SUKESH**

**INSCRIPTIONS**

## **SÓLODOS CREATION AND RESEARCH SPACE CR**

From the cultural, social and environmental platform SÓLODOS we want to share a space for the development of contemporary scenic art.

- Generate a place for the study, development of thought and creativity.
- A space that facilitates international, local and regional artistic mobility.
- A place where experimentation is promoted, in collaboration with the local and international artistic community.
- A space to generate and exchange, mobilize ideas, projects between institutions, sociocultural agents, artists, pedagogues, athletes, researchers.



## **SOLO INITIATION AND PAYATT INTRANSIT- LABORATORIES WITH RAKESH SUKESH**

### **Solo Initiation - Creative lab**

The workshop takes an intense journey into one's inner world. We tap into different levels of existence. Often we give priority to the intellectual part of our brain which leads us into an informed society; we take information from books, films, and performances or through a conversations with others. What we transmit often recycled information which has been gathered by our five senses.

What are the levels of existence? How much are we aware of it, Modern science and mystical science clearly states that we are all made of a universal intelligence. If there is such intelligence inside of us then what are our intentions? What does our work of art serves for? Is it possible to go deep into ourselves and try to understand this intelligence and develop ways to be creative with it?

Through series of physical research, games and analyses, this workshop offers methods for the participants to have an experiential process.

### **Payatt Intransit - A contemporary movement technique**

Payatt intransit is a contemporary movement technique that combines movement principles from the ancient indian martial art, kalaripayattu, dynamic energy work, as well as yogic principles like pranayama and meditation.

It trains the practitioners in a safe, organic and yet rigorous way to become more confident, soft, relaxed, flexible and powerful. It is training us to be quick in our movements, reflexes and choices. We learn to isolate the strong physical aspect of this class from the constant calm within. We create rage in order find rest and we create chaos to find calmness.

The purpose of the technique lies in knowing one's physical, mental and phsycological boundaries as well as it's reasons. The aim is to expand those frontiers.

## **RAKESH SUKESH**

Rakesh started his career as a Bollywood dancer with a dance company in Kerala/India. During this period he worked in several films as a dancer and assistant choreographer.

In 2003 he joined Attakkalari Centre for Movement Arts, a contemporary dance company in Bangalore. During his time with the company he was exposed to intensive training of the ancient Indian martial art form Kalaripayattu.

In 2014 Rakesh became certified yoga teacher from Shivananda yoga research centre.

In the past years Rakesh has been working on developing a contemporary movement method called Payatt INtransit - using Kalarippayattu and contemporary movement techniques, yoga and energy work.

He has been invited to teach Payatt INtransit at various festivals and for companies such as Sidi Larbi's company, Ultima Vez, Impuls Tanz, Deltebre Dansa Spain, University of Costa Rica, SEAD in Salzburg and several other institutions.

He also works as freelance performer/ choreographer, collaborating with various artists and doing solo works & improvisations.

He currently lives in Brussels Belgium, dividing his time between Europe, America and Asia.

<http://rakeshsukesh.wixsite.com/rakeshsukesh>

# RAKESH SUKESH



Photos: Elías Aguirre Imbernon, Mónica Lou Mercade, DAR Dance Academy Russia

## **REGISTRATION DEADLINE**

- The registration period for the Laboratory opens on September 1, 2018.
- The term will end once the places have been completed. The organization will strictly respect the order of the registrations from the date of opening, always taking into account that the right of admission is reserved.
- For the quality and comfort that this laboratory requires, the number of people that will be able to carry out the workshop is a maximum of 20 people.

## **SERVICES OFFERED BY SÓLODOS DURING THE LABORATORY**

- Access to the scenic creation and research space SÓLODOS.
- Participation in the cultural management Laboratory with Rakesh Sukesh.
- 5 approximate hours of work on april 15 to 19, 2019.
- Hours from 08:30 p.m. to 13:30 p.m.
- Parking area.
- Use of gardens.

## **REGISTRATION FOR THE WORKSHOP**

The investment of the Laboratory is 250 USD (transfers from Costa Rica) or 290 USD (transfers from other countries). To perform the laboratory you must be of legal age, have experience in the performing arts sector and request your registration to the mail [info@solodos.es](mailto:info@solodos.es), writing in the mail title LAB RAKESH SUKESH, once your mail is received, the organization will contact you and provide the terms and conditions to make the registration to the laboratory.

## **CONTACT**

[info@solodos.es](mailto:info@solodos.es)

[www.solodos.es](http://www.solodos.es)