

WORKSHOP

ERICK JIMÉNEZ

Cell stretching system



CELL STRETCHING SYSTEM

Análisis e investigación del cuerpo y algunos de sus procesos químicos en relación con el movimiento y el arte escénico a través de ejercicios individuales y grupales.

Se estudia potenciar el trabajo físico, su recuperación, herramientas para mejorar la calidad de vida.

El estiramiento muscular

Los músculos tienen su origen en un punto del esqueleto y su inserción en otro punto. Estirar un músculo implica alargar su origen de su inserción. Los músculos se pueden estirar manteniendo el origen esquelético en su sitio y moviendo su inserción o viceversa, incluso una combinación de ambas opciones. Cuando un músculo se alarga se ven afectadas diversas estructuras, incluyendo los elementos de tejido conjuntivo que cubren el músculo y los elementos contráctiles que provocan su contracción.

Las acciones biomecánicas conscientes provocan respuestas psicológicas inconscientes. Por lo tanto, al realizar un estiramiento, se inician una serie de acontecimientos biomecánicos y psicológicos diversos.

**SÓLO DOS
WORSHOPS**



Erick Jiménez graduates in contemporary dance at the National University of Costa Rica. Master of Performing Arts from the Rey Juan Carlos University of Madrid, Master of Qigong by the Galician Federation of Kung Fu Spain, Graduated in Chiromassage by the Popular University of the Northwest, A Coruña, Spain and is also a teacher of Ashtanga Yoga. As an interpreter and creator, he has an intense curriculum working in leading contemporary dance companies. He has collaborated with groups and projects alongside renowned professionals of the international scene.

Erick Jiménez has worked and developed different international projects with Will Swanson-Dance Project, Mikhail Bahrysnikov, White Oak, Breath and Puppet Theater, Patrick de Bana, Enclave Dance, Roberto Olivan, Roberto Magro, Will Menter, The Babylon Project, Rami Levi, Inma Rubio, Repertoire with Hilde Koch, Frankfurt Ballett, Otradanza Asun Noales, Leonardo Santos, Gustavo Ramírez, Cirque du Soleil, Nandayure Harley, Luis Carlos Vazquez, Joshua Cienfuegos, École Supérieure Des Arts Du Cirque Brussels, José Antonio Orts, Pierre Bastien, Ramesh Shotham, Pablo Coello, Team in time Carlos Ramirez, Nasrin Amirsedgh, The Babylonian Project, Eduardo Galeano, Helen Walkley, Christy Harrys, Nancy Seitz-McIntyre among others.

Erick Patrith is also a dance professor, invited by numerous centers, universities and companies of international profile, as well as theaters and festivals, where he develops several workshops. Guest choreographer, teacher and tour director of the shows produced by the Galician Choreographic Center during the years 2007-2009. Teacher and collaborator of Deltebre Danza since 2003.

Receives a prize for best interpreter Generalitat Valenciana 2010, Audience Award in Seville in 2007 and different mentions and awards for its creation and repertoire since 2000. Currently, develops his artistic career parallel to the management and stage production. He is founder of FUNARTES foundation for Art, Environment and Social Development. He directs the project and cultural platform SÓLODOS, the festival SÓLODOS EN DANZA and different platforms for research, management and artistic exchange.

Erick Patrith Jiménez, together with the artist Maruxa Salas, directs the project SÓLODOS.



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