

ANCIENT DANCES CONTEMPORARY WORLD

ORCHESIS – DANCE - DRAMA

IMPACT MOTIVATION

In a week's time, selected members of the **Study Group of Ancient Orchesis of Dora Stratou Theatre** coordinated by world eminent dance experts will run a series of theoretical (introductory) and (daily) practical workshops of ancient and traditional Greek dances for amateurs, visitors and trainees.

The aim and impact of the proposed program is at first to present the philosophy and history of ancient Greek dance showing its importance for humanity by promoting happiness and harmonious human development. Secondly, the practical workshops will give all participants the opportunity to experience various forms of dances of ancient Greek origin and from the traditional culture with their own mind and body.

SCHEDULE (Preliminary)

- 1) i The meaning of *Orchesis* : Logos, Music, Movement (Introduction based on texts of ancient philosophers, dramatic and lyrical poetry = 20 min)
 - ii Seikilos Epitaph (choreography by the group, 2nd c. bC)
 - iii A Delphic Paeon (choreography by the group, 2nd c. bC)
- 2) i Apollonian Dances 1: Terpsichore (choreography of Korinna's verses, 600 bC)
 - ii *Epirote* Dances
- 3) i Dionysian Dances 1: Hymn to Eros (choreography based on Sophocles' drama *Antigone*, 500 bC)
 - ii Greek *Ballos* from various places of Hellas
- 4) i Apollonian Dances 2 : Hymn to Artemis (choreography based on Euripides' drama *Hippolytos*, 500 bC)
 - ii *Tsakonikos* dance from Peloponnese
- 5) i Dionysian Dances 2: Bacchants (choreography based on Euripides' drama *Vakhai*, 500 bC)
 - ii Pontos and Thracian dances
- 6) i Apollonian Dances 3 : *Eumenides* (choreography based on Aischylus' drama *Eumenides*, 500 bC)
 - ii Cretan Dances
- 7) i Dionysian Dances 3: *Furies* (choreography based on Aischylus' drama *Eumenides*, 500 bC)

ii Pontos Dances

ALTERNATIVE SCHEDULE (only for the 1st week of August)

3 days' workshop (X 4 hours)

- 1) i The meaning of *Orchesis* : Logos, Music, Movement (Introduction based on texts of ancient philosophers, dramatic and lyrical poetry = 20 min)
 - ii *Eurhythmy* Practical Workshop based on Rudolph Steiner's method
 - iii Seikilos Epitaph (choreography by the group, 2nd c. bC)
 - iv A Delphic Paean (choreography by the group, 2nd c. bC)
- 2) i *Eurhythmy* Practical Workshop based on Rudolph Steiner's method
 - ii Hymn to Artemis and Greek Tsakonikos dance (choreography by the group, 2nd c. bC)
- 3) i *Eurhythmy* Practical Workshop based on Rudolph Steiner's method
 - ii Furies and Blessed Spirits (choreography by the group, 500 c. bC)
 - iii Choreography with all participants

PERSONNEL

Study Group of Ancient Orchesis of "Dora Stratou" Theatre

Coordinator-Researcher:

Anna Lazou, Ph D

Assistant Choreographer:

Svetlana Volkova

Dancers (Singers):

- 1) Svetlana Volkova
- 2) Eleni Yakoumaki
- 3) Maria Kountouri/Eirini Kosma/Myrto Nakou

Occasional Consultants and Dance Experts (by Anna Lazou's choice):

Fifica Nikolopoulou (expressive dance)/ Popi Varoudaki (Cretan, Epirote Dances)/
Konstantina Vichou (Thrace, Pontos)/Gillian Shoemaker (Eurhythmy expert)

FINANCE:

Each participant* either dancer or dance expert per workshop (from 2 – 4 hours daily) = 30 (simple dancer) – 50 Euro (expert/choreographer)

Anna Lazou as general coordinator does not get individual fee and is receiving a fee of 1000 Euro on the whole for providing costumes and other production props for workshops and choreographies

Local transport, accommodation for all are provided by the organizers

*For each workshop 4 members of the group are expected to take part plus the coordinator

Anna et l' Arbre



Born in Athens, lecturer in Anthropological Philosophy Athens University (since 2009); she studied Philosophy and Theatre in Athens and London. She worked for about 6 years (1984 – 1990) at Birkbeck College of London University under the supervision of Prof. Roger Scruton (Philosophy of Mind, Logic, Aesthetics, Political Philosophy et c.) initially for an M(Phil) and later for a PhD Dissertation on the Philosophy of Ancient Greek Dance (“Human Agency in Dance and Drama” Suggested title – unfinished).

She had a child at 1985 and after a break of her studies abroad she worked for Athens University as assistant lecturer and submitted her PhD Dissertation to the Philosophy Department of National and Kapodistrian University of Athens in 2006 with the title *Man, Nature and Action in the texts of the young Karl Marx and the perspective of linguistic philosophy*, with supervisor Prof. Theodosis Pelegrinis. She has received a theatre acting diploma, a diploma in music (classical guitar and theory). She lives in Athens and works for amateur theatre plays that she creates with her students and other artists that follow her artistic groups *Drys* and *Dryos Topoi*. Author of various dissertations and articles, among them, *Orchesis - Texts on Ancient Greek Dance* –in English and “Mental Events and the Body: The case of the stage action of the actor”, article in Greek (edit. Prof. Marika Thomadaki). At present she teaches philosophy and theatre; she composes and directs plays for University theatre and dance theatre (Wittgenstein – Βιτγκενστάιν 1991-2004, Nekyia- the archetypal journey 2004 -2006, Wild Roses – Mysterion 2007 – 8, Woman Prometheus 2009 - 2010). She learns traditional dances, occasionally writes poetry and prose. She has directed, Sophocles’ Antigone, Euripides’ Hippolytos and Bacchants, Aristophanes’ the Birds and Peace, Bertolt Brecht, Saint Joan of the Slaughtyards, B – M Koltes, Combat de Negre et de Chiens etc.); she has organised and participated in festivals, workshops and symposia for the above areas of interest. She intends to start an international program of body and dance techniques and philosophy for life long learning and therapy in the context of Athens University and finalise her long term research on ancient Greek dance and drama for a future publication.