

workshop I: Lucia Kašiarová - EMBODIED RESILIENCE

10:30 -12:30

Imagine this carefully: once again there is an overwhelming stress that makes us anxious, once again there is a new political or personal condition that makes us unable to do our work as culture workers. Something in us is stuck and it is just hard to move on. Does it sound familiar? We have all been through it. Lucia Kašiarová won't give us a solution to all of our work-related struggles, but she will create space where we can slow down and listen to what is happening inside of us through a series of body-based exercises that she has gathered and developed during her practice as a cultural manager and artist. We will tap into our bodies and see what they can teach us about who we are and what strategies might help us in our work. Because bodies are our allies. Bodies are our most precious resources. If we listen to them, we can learn about our limits and to protect ourselves from exhaustion. What can our own embodied resilience look like?



Lucia Kašiarová is the founder and currently the artistic director of Studio ALTA, a Prague cultural center used by independent artists in the field of dance, new theatre and social and educational projects. Since 2022 she has been working as the director of the Divadlo Štúdio tanca in Slovakia, the only professional contemporary dance venue in Slovakia. In the past, she has directed the festival of Slovak contemporary dance HYBAJ HO, a festival of movement theater and pantomime Kašparův kolínský Mimoriál and at the moment she leads the international festival Dni Tanca/ Dance days. She finds it challenging to find differences and overlaps in the management and development of artistic programming in established and non-established cultural institutions. Her artistic work is wide-ranging, choosing artists who are open to exploration and see art as a path to knowledge and building a healthy society. She promotes the domestic and international artistic work of people who sincerely seek a path to

self-discovery and reflect on the world in which they live. She sees the art form as a resource of personal experience that motivates society to self-reflection and personal activity.

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