

GIULIA GUSSAGO

Giulia Gussago is a dancer, choreographer, director, Feldenkrais Method® teacher and the artistic director of Compagnia Lyria.

She studied at the Italian Professional Dance School in Milan and at the London Contemporary Dance School. Later on, she moved to Paris perfecting her technique with various teachers, such as Carolyn Carlson, Mathilde Monnier, Jean-François Duroure and Isabelle Duboulose.

Being in contact with so different and distinguished realities allows her to understand and make her own the artistic trends of European research dance.

After having in-depth studied diverse contemporary dance techniques (Graham, Limón, Cunningham, release technique and contact improvisation), Giulia elaborates her personal teaching style, today offered both in her annual courses and intensive workshops.

In 1990 she made her début in Brescia as choreographer and dancer, creating street and stage performances, videos and collaborating with several theatre companies, in addition to promoting numerous training courses.

In 1995 she founded Compagnia Lyria Association, being in charge of its artistic direction.

For Compagnia Lyria, as dancer and choreographer, Giulia creates performances where theatre, painting, artistic installation, video, photography combine together each time and explore the interaction with different musical genres, from jazz to classic, to contemporary.

The performances, both the choreographic and improvisation ones, involve Italian and foreign artists of different expressive languages, among them the dancers Dominique Dupuy, Gillian Hobart, Sabrina Camera, Giannalberto De Filippis, Davide Camplani, Antonio Caporilli, Tullia Pedrotti, Alessandra Bortolato, Yuka Fukushima, Claudio Gasparotto; the musicians and composers Mauro Montalbetti, Corrado Guarino, Diego e Fabio Gordi, Fulvio Sigurtà, Federico Casagrande, Sandro Gibellini, Paolo Birro, Mauro Negri, Françoise Goddard, Domenico Bulla, Beppe Gioacchini, Antonio Giacometti, Luciano Poli, Edoardo Sbaffi, Rossano Pinelli, Cecilia Vendrasco, Mirko Busatto, Giovanni Mancuso, Gianni Pirollo; the light-designers Stefano Mazzanti e Umberto Ottaviani; the set designers and visual artists Domenico Franchi e Roberta Acerboni; the photographs Daniele Gussago, Paolo Sacchi, Oscar Lombardi, Domenico Parigi e Fabio Palazzolo.

Since 1990 she has worked in schools and dance studios in Brescia and in other Italian cities.

In 2017 she accomplished the 4-year teacher training in **Feldenkrais Method®** at the IsFel-Della Pergola in Milan, accredited by the Feldenkrais European Training Accreditation Board (EuroTAB). She is a partner of the AIIMF (Italian Association of Feldenkrais Method®).

Since then, she brings into her work as dancer and teacher the basics of the Method in collective classes (Awareness Through Movement®) and in one-to-one lessons (Functional Integration®), enriching her artistic and teaching offer.

She is the creator of the **FeldenCafé**, a place of meeting and in-depth study, where practical activities are combined with moments of sharing, in a cosy and informal atmosphere. Each date is led by a distinguished teacher - Mara Della Pergola, the only Italian direct student of Mosé Feldenkrais, Sonia Amicucci, Carla Cornolti and Silvia Susini.

Over time, Giulia Gussago reaches a deep interest in promoting the dance into “unusual” settings, thus, for Compagnia Lyria she starts directing some initiatives, such as **Progetto DanzAbile** project, addressed to young people and adults with disabilities, and **Progetto Verziano** project addressed to prisoners.

The project **Progetto DanzAbile** is designed to integrate different skills through art. It includes

laboratories, performances, jam sessions, research, seminars, conferences to spread the knowledge and practice of innovative, flexible and effective methods. It also aims to be a real meeting and creative exchange between people with different abilities. The activities unrolled along the project were presented on different occasions, such as "I giovani per i giovani" promoted by The International Association of Lions Clubs district 108 Ib 2 at the S. Filippo Sport Centre in Brescia; during the award "Premio Città di Brescia Albino de Tavonatti", organised with the collaboration of SlowTime Association, at the Salone Vanvitelliano of Palazzo Loggia, seat of the Municipality of Brescia; "DiSHOW" in Montichiari, promoted by the Administration of the Province of Brescia in collaboration with the main leading industry associations; 4th edition of the "Festival dello Sport" promoted by the sport Department of the Municipality of Brescia.

The **Progetto Verziano** has been carried out in collaboration with the Department of Justice Verziano Detention House in Brescia. It includes annual workshops involving prisoners, free citizens and students from different schools with final performances open to the citizens, meetings, video productions and conferences. The initiative foresees the realisation of a wide-ranging and articulated awareness-raising action on the theme of integration between prison and civil society. Cultural stimulus and artistic practice have been used based on an inclusive approach. The value of citizenship and social relationships are the centre of the project, thus favoring the reduction of prejudice towards people in detention.

Since 2018 Giulia Gussago has included the teaching of Feldenkrais Method® within the Progetto Verziano, thus in accordance with the re-educational and training initiatives promoted by the Directorate of the Institute. This is the only example in Italy.

The production of the video "**Vieni, vieni più vicino**" (**Come, come closer**) is the result of the whole experience made so far and is also the first video directed by Giulia Gussago.

For further information:

www.compagnialyria.it

www.facebook.com/compagnia.lyria

www.facebook.com/feldenkraisbrescia