

## Silvestre Technique - Continuous Training Program

### **Training Process:**

The Silvestre Technique training process has been in existence for 27 years, giving the opportunity to dancers and anyone interested in dance technique in general, to study and investigate the possibilities of movement in the discovery process.

With the considerable number of students, the program's foundation embraces and integrates diverse cultural identities that positively enrich the understanding of art as a symbol of universal connection.

The Silvestre Technique brings to dance training a connection with the physical body and the universe, which Rosangela Silvestre, founder of the Technique, calls the "Body Universe." Body Universe is symbolized by three triangles formed on the body, namely the Triangle of Intuition and Perception, the Triangle of Expression, and the Triangle of Balance.

The training program helps local students in Brazil who need support in developing an artistic, educational and professional qualification, in addition to providing the opportunity for children to gain insight into a better quality of life, become socio-cultural facilitators for their community; and consider education as a key to growing as a person and as a human being.

With this vision, the program of Silvestre Associação Cultural increasingly seeks to improve and sustain its structure to serve all participants in their growth and the expansion of related projects. Through collaboration, the program continues to invest in its artistic training, educational and professional outreach, and seeks to inspire a new generation of artists.

### **Silvestre Training:**

The Silvestre Technique is a contemporary dance technique in constant evolution with the aim of conditioning the dancer through physical and expressive training - regardless of technical level or previous experience. In 1982, Rosangela Silvestre began the first stages of development of the Silvestre Technique, which over time evolved into a series of exercises - "conversations with the body" - working to prepare body and mind for dance. Classes are accompanied by live music. A series of musical compositions are created from the conversation between the body and the orchestration of various musical instruments, such as: drums, saxophone, flute, piano, voice, electronics, guitar, etc., the music of the body, and most importantly the "silence" that connects us all. Dancers and students of all levels are welcome and encouraged to train in this technique.