

Silvia Pritz

The Recipe

How to liberate the animal inside yourself or burn in the attempt



INGREDIENTS:

A visit to the zoo to choose an animal and observe it.
If impossible, select an animal close by.

PREPARATION:

Start imitating the animal bit by bit.

Be patient - feet or torso are not the same as ears or eyes.

Look at forms of repose, actions and ways of moving.

Once embodied, combine the movements organically without abandoning the most precise imitation you are able to obtain.

Choose four actions and perform them in four different spaces, moving from one to the other in different ways as the animal.

Memorise and leave to rest.

Relate this work to someone you know or a particular character, play, comedy or clown.

If the person exists recall his or her way of walking and four actions including a text that you associate with the person.

If the character is imaginary, then refer to its instinct, imagination or pure rationality, depending on your preference, and build the sequence described above, including some text.

Memorise and fix exactly.

PHASE OF BLENDING AND... SURPRISES!

Take your character's first action and at a moment you choose, transform into the animal while trying to continue the action. Then return to the character.

(The transformation can be total or partial, i.e. of the whole body and voice, or only of one part. So you can have animal legs, human arms, animal face or any other combination, as you wish.)

Here is where the *real* character begins to emerge - desired, complex and able to be interpreted in a variety of ways.

Repeat with each of the original four actions.

Finally be astonished and savour what emerges, when the subconscious, seasoned with the noble action of imitation, prepares a sparkling cocktail.

P.S. If you try this out and manage to do it, please don't forget to let me know. I would love to know what flavour you obtained.

Translated from Spanish by Julia Varley

SILVIA PRITZ (Argentina) studied dance and choreography with Ana Itelman. In 1994 she founded Armar Artes Escénicas Contemporáneas with Graciela Rodriguez. Within the framework of this association Silvia has organised international festivals and meetings (Mujeres en Escena), produced and toured her own choreographies and other performances. One of her latest productions is *Temblor de fe*, an electronic acoustic trans-opera with three dancers.



Ermanna Montanari, Teatro delle Albe, in *Siamo asini o pedanti?*