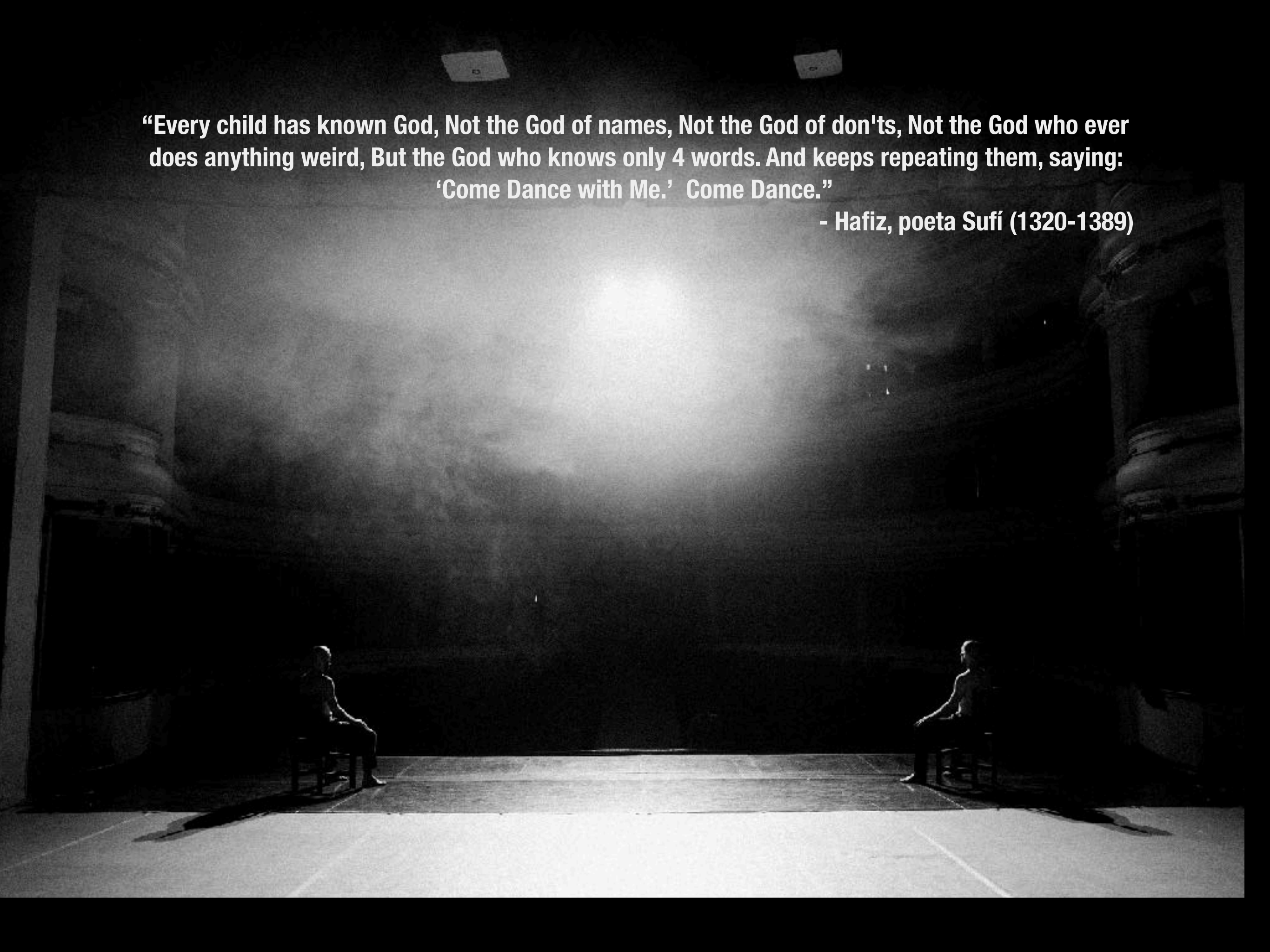


a talk with myself



**“Every child has known God, Not the God of names, Not the God of don'ts, Not the God who ever does anything weird, But the God who knows only 4 words. And keeps repeating them, saying:
‘Come Dance with Me.’ Come Dance.”**

- Hafiz, poeta Sufí (1320-1389)



a talk with myself is the story of two men and two different cultures. They share an internal journey to meet and adapt to the constant change of this world. It evokes a child's play that connects the intuitive, that which protects us, heals and releases. This piece consecrates the spirit of gratitude through dance, music and words.



After more than a decade of artistic collaboration, Elia Mrak and Martín Piliponsky meet again in March 2019 to re-visit their first joint creation (a talk with myself - a conversation with myself, La Caldera, Barcelona, Spain 2009).

a talk with myself is the story of two men and two different cultures (Argentina and the United States) who share an inner journey on stage to meet and adapt to the constant change of this world. a talk with myself is also the evocation of a children's game that connects us with the intuitive, that which protects us, heals and releases us. This piece, based entirely on improvisation scores and the power of live performance, enshrines the spirit of gratitude through dance, music and words.

In March 2019, Elia Mrak and Martín Piliponsky premiered a talk with myself in their current version at the San Miguel Theater in Tucumán. They also created together the works the VOID - the VACUUM and the lossamurais during February and March 2019 in Argentina.



Production credits

***a talk with myself* - Tucumán, 2019**

**Idea, creation and interpretation
Elia Mrak / Martín Piliponsky**

**General assistance
Solange Courel**

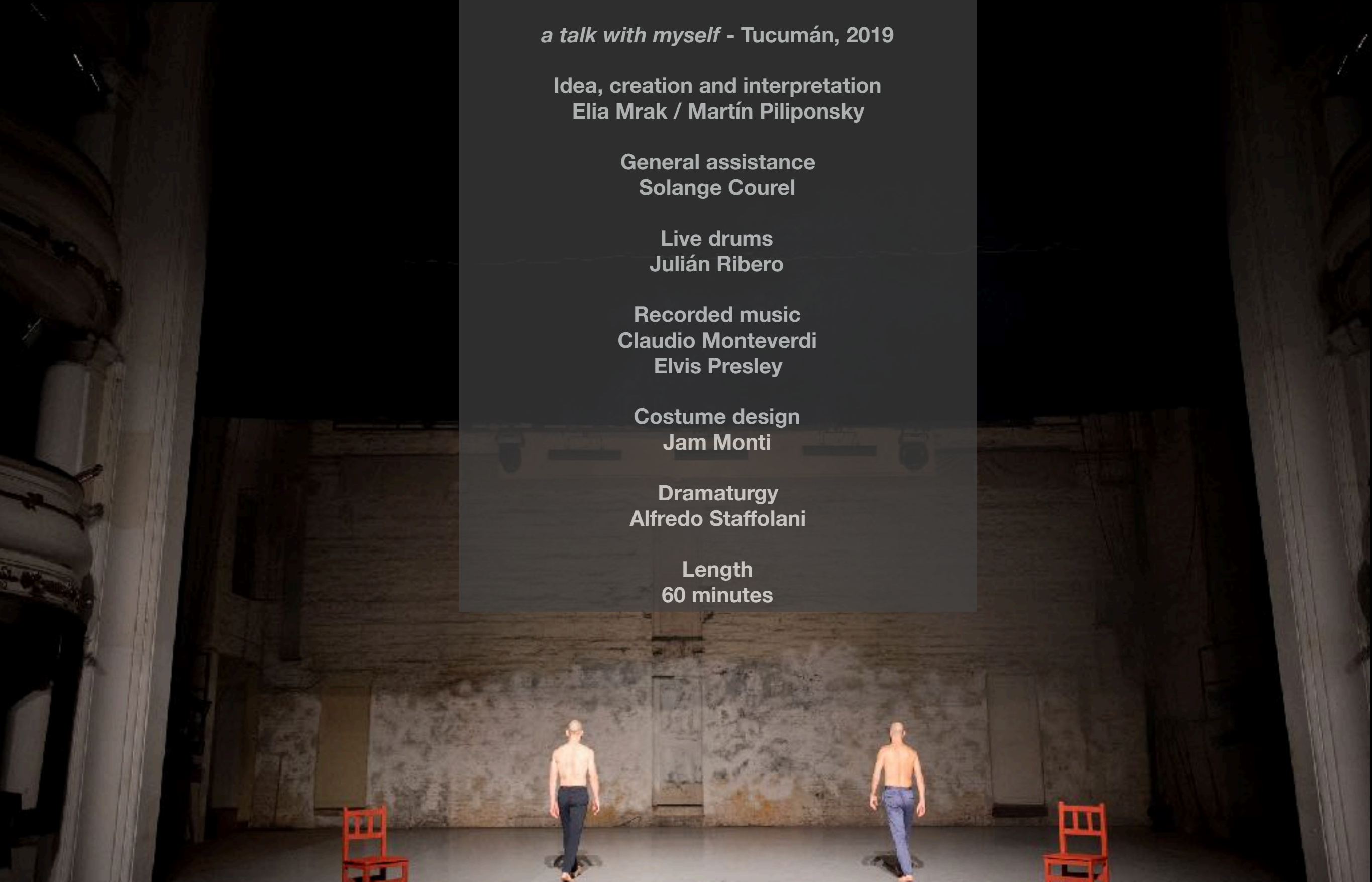
**Live drums
Julián Ribero**

**Recorded music
Claudio Monteverdi
Elvis Presley**

**Costume design
Jam Monti**

**Dramaturgy
Alfredo Staffolani**

**Length
60 minutes**



Elia Mrak
(Seattle, United States)
eliamrak.com

Elia is an economist, dancer, choreographer and improvisation teacher. He is also a passionate seeker of the transforming power of dance as a performing art and healing art. For the past ten years, he has traveled teaching and researching movement through Europe, Central America, South America, the United States and Canada. His work fuses dance, Qigong and somatic practices (Body-Mind-Centering). He graduated from Pomona College in 2006 with a degree in mathematical economics and a minor in dance. He received the prestigious Watson Fellowship to investigate dance and movement in different institutions of the world. While living in Europe, he worked with maestro David Zambrano on Flying Low and Passing Through. He has collaborated with Martín Piliponsky since 2009, giving workshops and dancing in the United States, Spain, Peru, Mexico and Argentina. In 2018 he created his own organization that operates under the name of eliamrak.com. He lives in Seattle, Washington, United States.



Martin Piliponsky
(Buenos Aires, Argentina)
martinpiliponsky.com

Martín is an architect, dancer and improvisation teacher. He has studied independently between Europe, the United States and Argentina. From 2004 to 2012 he lived in Barcelona, Spain. Since 2012 he has been based in Buenos Aires. He has toured South America, Central America, the United States, Europe, Africa and Asia teaching improvisation and dancing at international festivals and stages. He has received the Tanz Atelier and Danceweb scholarships in Austria. In Argentina, he has received support from the Metropolitan Fund of Arts and Sciences (2013, 2015 and 2017) and subsidies from Iberescena (2014), Prodanza (2016) for the production of independent projects. He currently collaborates artistically with the English teacher and dancer Kirstie Simson. He has collaborated with Elia Mrak since 2009, giving workshops and dancing in the United States, Spain, Peru, Mexico and Argentina. He has a permanent practice, teaching in Buenos Aires. He continues his personal development of improvisation practice, offering intensive and regular workshops in different cities of Argentina and the world.



Videos

SHORT TEASER (1min)

LONG TEASER (3min)

FULL VIDEO (55min)



MASTERCLASS | Intensive workshop

This work seeks to wake up, warm up and enable our senses through simple spatial connection exercises. Ascent and descent to the ground to train the connection of our center with the periphery. Group dynamics to keep us alert.

We will focus on the use of the hands to write our movement spatially, the spine as a motor for displacement and the feet as the support and contact with the earth. Breathing as our vital internal-spatial connection with others and with space. The recognition of weight and as a consequence of gravity.

We will practice ways to touch each other and at the same time be touched. We will seek a deep listening with ourselves and with the other participants. We will focus on the internal look seeking to soften any tension, discomfort and blockage; to move, improvise freely and create scores of physical thought in groups, trios, duets and solo.

The class is aimed at anyone interested in movement and physicality, professionals or amateurs, with or without experience, actors, dancers and performers. But above all for people looking to expand their physical awareness as a practice in the arts and their different contexts.



a talk with myself

booking contact:

eliamrak@gmail.com

