



ADN Dialect

dance/therapy →





In this brochure are briefly described many aspects of the humanist work of the company ADN Dialect and its director M. Angelo Dello Iacono.

Author of the book "Le Point Zéro" Choreographer is also the founder of an homonymous method of dance therapy.

In a direct link with the medical and socio-medical field, as well as private foundations giving support for people with disabilities, the company regularly welcomes people with motor disabilities, blindness, chronic rheumatism, but also sensitive cases of post-operative recovery, difficult convalescence, as well as people over 60 years, who trust Angelo to improve their mobility and awareness of breath through a playful and original method of dance.





A few words from the choreographer...

Nearly 15 years of experimentation on contemporary dance and conscious movement, helped me to develop over time, physical techniques based on breath's listening. The intercultural approach of my method certainly comes from the many influences I received by my colleagues / dancers Asians, Russians, Africans and Amerindians. Other aspects of my approach, better known under the name of "Le Point Zero", is due to my desire to read, absorb and apply knowledge with ancestral roots, and often agree with many approaches in medicine called "parallel" that Western medicine is only just beginning to recognize.

Another line, in which my method draws its inspiration, is characterized by growing my freeholds.

I come from southern Italy. In these regions survived a tradition known as the tarantella, or Pizzicata. According to the tradition, when the doctors did not know how to treat a sore disregarded, they went to the patient accompanied by musicians. Repetitive cadences of music would bring the patient into a trance, in a state of consciousness changes. Abandoned in the instinctual drives of the physical body, after a long and intense dance, we can say frantic, often the person concerned healed. This explains briefly why the dancers convalesce, possess an excellent capability of recovery.

After having had the chance to practice my profession in over 25 countries, I have seen countless similarities between the cultures of the world and the benefits related to traditional dances. Gradually, I developed a method based on three main axes (described below) in order to provide, not only professional dancers but also people from all backgrounds, a form of care that improves the health through movement.

To this day, countless testimonies shown that the benefits of this practice act as the functional and structural aspects of the body. In 2011, my encounter with Claude Riquet and Barbara Personeni has enabled ADN Dialect to develop those workshops to another public: people with motor difficulties. Efficient, this practice, quite unique in the town of Vevey, has certainly improve the physical mobility of people in trouble, but also liberate them in terms emotional and psychological.

Following the results of my experiments, the Committee of the Company wishes to establish, under my leadership, a project called "a friend is a free hand" pun meaning a little pressure "a friend is a hand held / disinterested / offered from the heart " in order to stage an exchange between professional dancers / choreography and all other personalities susceptible to wellness through dance.

Our recent registration to CID Unesco World Congress of Dance Therapy means that my investigations in this area begin to attire the attention of the authorities. Athens is for us a concrete and very encouraging goal, but also a wish to extend the access of all to dance therapy.

Angelo Dello Iacono



Description of the Method "Le Point Zéro"

- Today followed by physiotherapists from the Bouveret, a osteopathe Montreux, a dance therapist, a therapist-shatzu well as passionate of this method from Sion, Fribourg, Lausanne and others arrived from Canton of Vaud, the workshops are based on the following:
- Discover an approach based on breath's listening.
- Re-align the physical state.
- Discern the faculties of the mind over body movements.
- Freeing vital energy by discovering new tools sensory bound to dance as a constant energy flow.

Course description (always adapts according to participants)

True quintessence of Angelo Dello Iacono's work and his culture without boundary, the contemporary dance workshop is different at each session, even though the fundamental aspects of the course will proceed as follows:

- Postures for relaxation and awareness of breath (inspired yoga - hatha and iyengar strains)
- Warming of peripheral parts of the body (joints, hands-arms-legs-feet)
- Stimulation through the meridians, organs (according to traditional medicine Chinese)
- Working on gentle stretching the spine
- Principles of improvisation with simple exercises on the floor
- Stability of the standing axis
- Sequences
- Principles of choreographic improvisation and dance-contact
- Suspensions: cross-bar, harness, rope net
- Exercises and aerial dance choreography research
- Greeting / relaxation (focus and mastery of fatigue - based on the Qi-Gong or Chi Kung) •
- Experiences on various theme of trance

the three areas of research

Also author of the book "Le Point Zéro - diary of a dancer in search of the 7th sense", Angelo evolved into a desire to improve his knowledge in the field of health (anatomy, medecines parallel) in order to better provide other benefits arising from a practical therapeutic dispensed through dance. The choreographer / therapist more especially described many aspects of three axes of research in the application of his method / dance therapy, during the writing of the second book entitled "the imperfects".

1 - Connection to Nature

2 - Dance-contact

3 - drum and trance

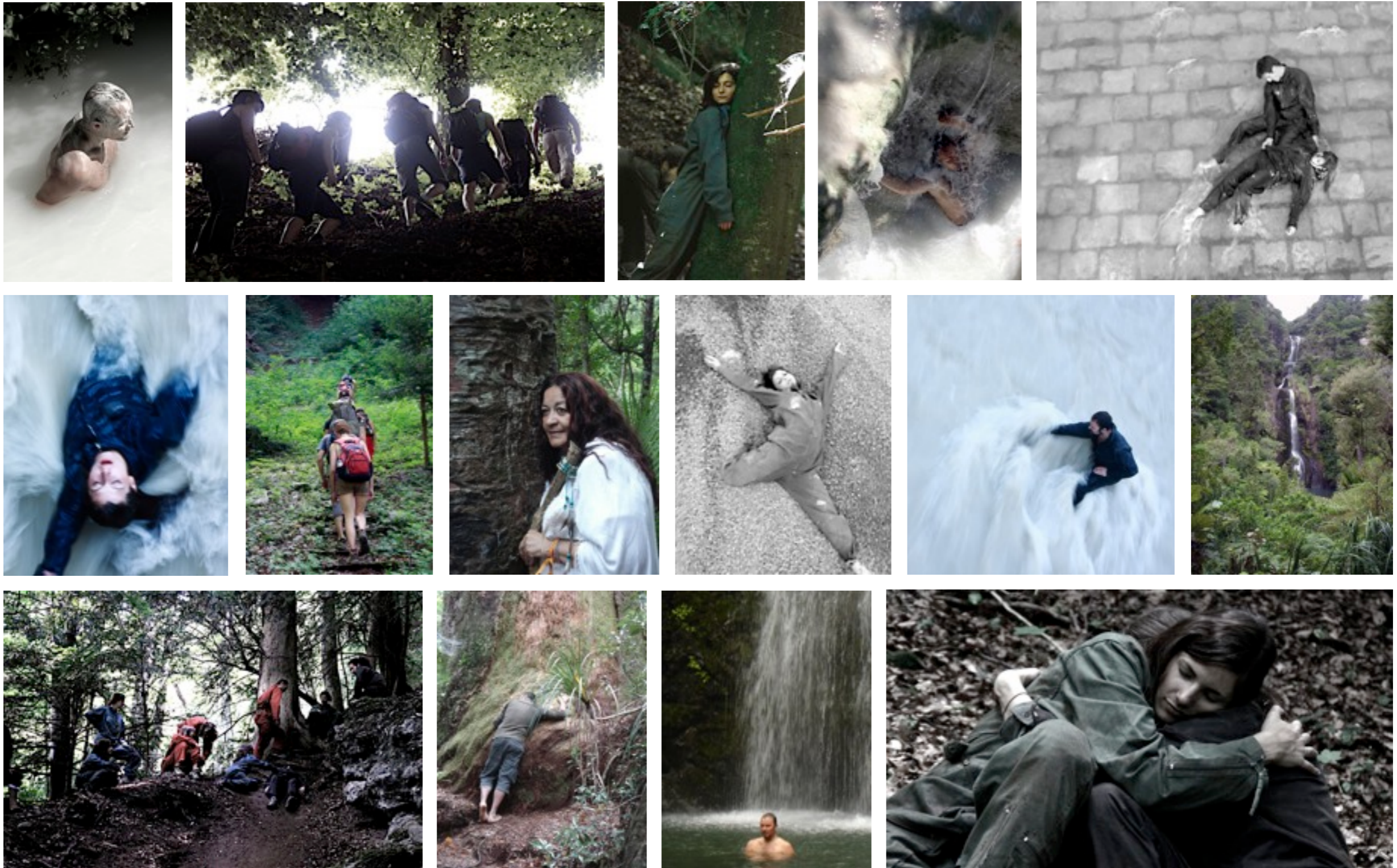
Brief synthesis of the three axes in the following pages.





AREA I - Connection to nature

Immerse themselves in a natural environment with powerful forces means remembering that nothing divides us from Nature. This communion helps to focus and relax until merge everyone's own inside world with the outside: to become an integral part of the decor. Marrying, as much as possible, the movements of the elements such as water - perfect example of the method "Point Zero" as water is more than 70% of our physical body - the act of abandoning a fluidity of movement loosens resistances and stiffening, fighting gently inhibitions that hinder the smooth flow of gestures and often cures many diseases.

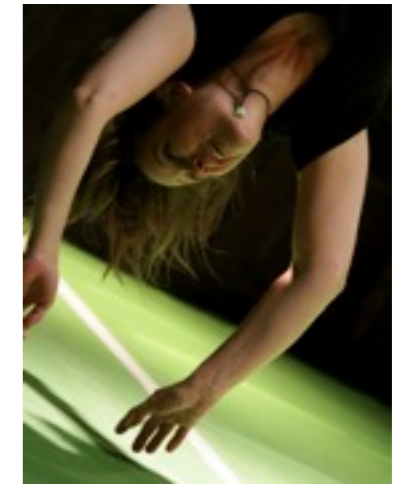


•AXE 2 - dance-contact

Expert in dance-contact practice with many approaches with Mitya Fedotenko, Myuki Sato, Marion DIL and many others, Angelo, dedicated many hours to the study of shiatsu, manual therapy technique of Japanese origin, under the guidance practitioner Eric Aubord. Its aim is to combine knowledge with his Eastern approach to diagnose accurately, anomalies often due to accidents or other trauma, and that prevent a good body mobility.

The 12 meridians described by Chinese medicine represent for the choreographer of ADN Dialect a major interest. All coupled with vital organs, meridians ensure the flow of energy as if they were carrying the motorway wellness throughout the body. We can say their function is too complex to be described here in detail. However, it is easy to understand that thanks to his method, Angelo manages to identify locations or blockage occurs, and deduce easily if these conditions are related to the lungs, kidneys, a gall bladder, heart, etc..

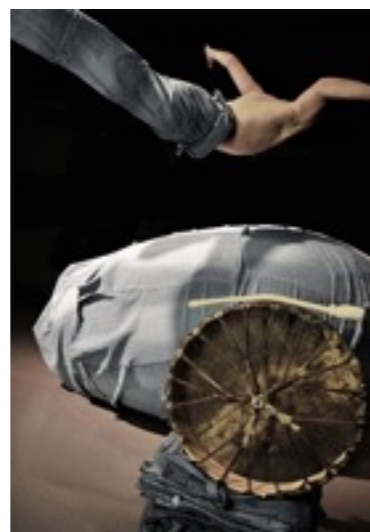
With devotion by studying the organic functions of meridians by the method Ryokyu ENDO and Shizuto Masunaga, Angelo hopes to, someday, promote the Zero Point method in order to help people in trouble to find an optimal health. Actually, SUVA (Swiss accident insurance), interested in Adn Dialect's practices, probe the possibilities to support the possibilities of its insured with motor disabilities.



•AREA 3 - The drum and trance

Have you ever been to a club or a music festival? The rhythmic pulsations build up in a repetitive pattern, seducing any sensitive person into an almost unconscious movement. Anyone carried away by music finds themselves progressively liberated from introspection and abandons him- or herself to the pleasure of the moment, thus leaving behind the anxieties arising from their "rational" vision of life. This "de-mentalisation" caused by "letting go" can be defined as well by the word "trance". People experiencing this form of escape through movement, as short as it may be, repeatedly discover the benefits of dance, and experience – even if only for fleeting moments, the energetic power of which only shamans from ancient cultures know the secrets. Indeed, the human species distinguishes itself from its animal brethren thanks to unique and surprising practices, sometimes millennia -old. Dance is without doubt one of these practices, the origins of which remain a mystery.

The third axis describes the unique way of dancing freely, the company Adn Dialect develops in order to imitate the animal kingdom with the aim to find in us the instincts paramount. The drum, common symbol in all ancient cultures is here one of the main tools of the choreographer.





History

Understanding the history of atypical method called "Le Point Zéro" goes hand in hand with the fact to look at the past of ADN Dialect and its founder. ADN Dialect was founded in 2001 by choreographer Angelo Dello Iacono in order to promote ideals of peace and cultural exchange through dance and disciplines that can interact with it.

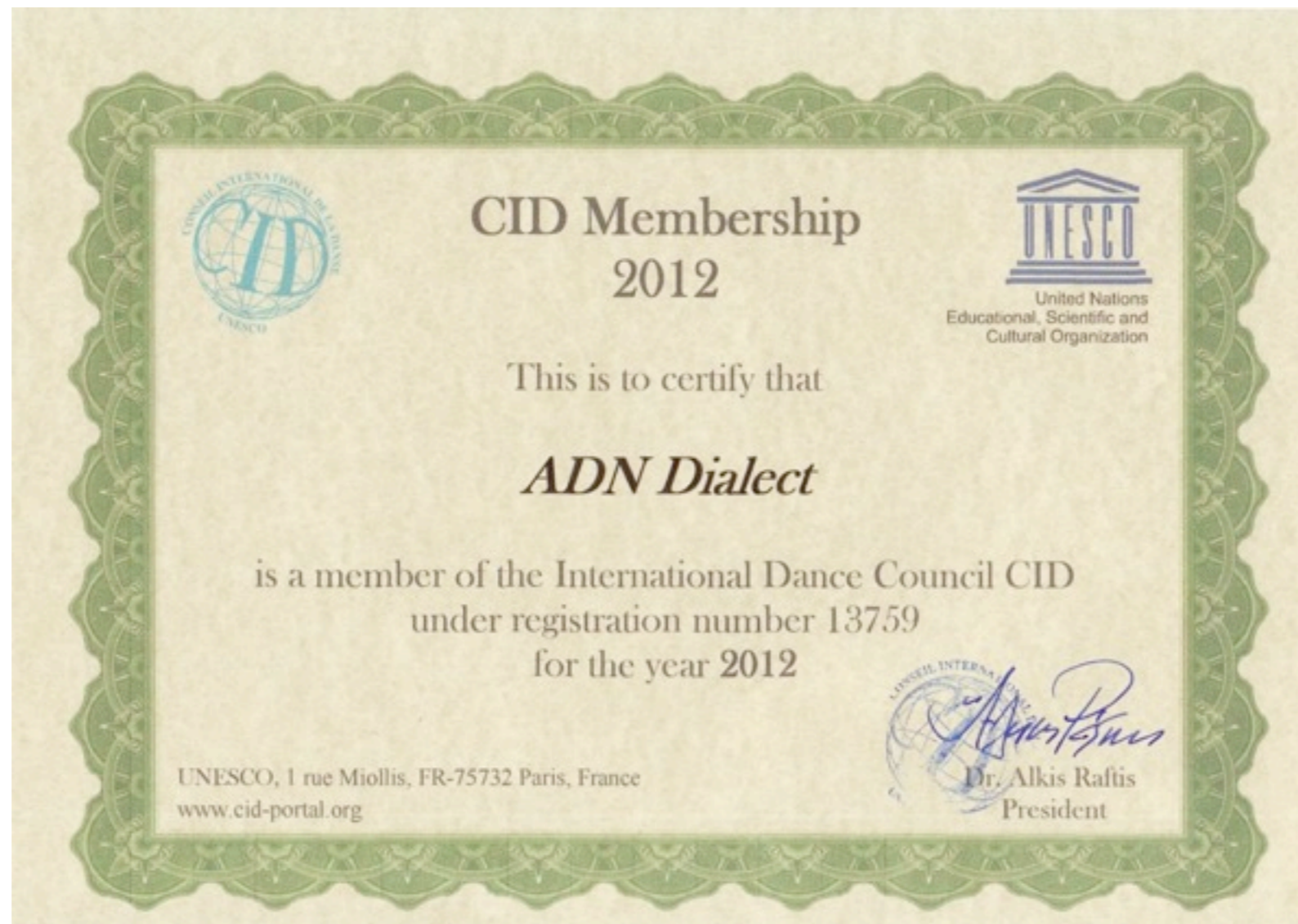
If objectively its acronym abbreviated words Alternative Dance Nation and the Dialect word evokes the singular aspect of body language everyone as a unique individual, the binomial ADN Dialect suggested as the root of the primordial instinct to dance, part of our genetic heritage since time immemorial.

- Dancer with classical basic graduate of the Academy of Naples Spazio Danza, Angelo dances at Rudra Bejart, before collaborating with various renowned choreographers.
- Having embodies a certain evolution of dance, the creator of ADN Dialect explored by atypical basic classical dancer, countless forms of experimentations parallel to the mutation of classical dance, during the end of the last century, and the beginning of the 21st. Vaganova, Modern Jazz, Graham, Cunningham, Limon are common academicisms having led to the breakdown of structural frameworks of choreography.
- Enamoured by his insatiable curiosity, the artist explores singing, martial arts, theater and Indian rhythms, and, with the company Nomades, sound sculpture (with the help of sensors), interacting with live musicians, techniques juggling and circus feeding new forms of corporeality, not to mention cultural exchanges in Africa, the USA and the Pacific Islands.
- With the russian dancer and choreographer Mitya Fedotenko, Angelo revives the essence of movement with the forces of nature by practicing sometimes perilous performance that characterise today its commitment to the breath.
- With Arthur Kuggeleyn, both passionate about hypnosis and shamanism, they open the door to a deeper dimension and mental powers so expressive that their shows around the world, will never leave the audience indifferent.
- Deeply hurt at the spine by its excessive risky performances, Angelo reduced his conscience stages of self-healing, and orient his work to the world of meditation.
- Since then, convinced that the world's cultures have many common issues related to dance and the energy that moves the body through the breath, Angelo considered as a priority the need to experiment, rather than the need to program work in order to show ADN Dialect in public. Ten long years of maturation, however, ADN Dialect will move from small suburban studios to venues like the great Auditorium Stravinski Montreux, passing through theatres as The Octagon, The Crochetan or other places for swiss alternative culture as Usine in Geneva or the "Cafe du Soleil" at Jura region.
- Also note the palmares of workshops exemptions around the world make the ADN approach, a style appreciated by dancers from the University UFSM Federal de Santa Maria - Brazil, the Institut del Teatre (Conservatoire National Dance Barcelona), CCS Swiss Cultural Centre in Paris, the Tanzhaus, Zurich - Switzerland, Auckland City Dance Studio in New Zealand, the ADC Studio - Geneva - Switzerland, the Association of Ebene Scene - Yaounde - Cameroon, University Autonoma de Queretaro - Mexico and continue each week Clabo - ADN Dialect studio - at the SwissMedia Center in Vevey.
- Today a member of the CID-UNESCO (International Dance Council of UNESCO) ADN Dialect stands out for having created the concept of «scenoplastic arts» which is a mixing of visual arts to performing arts. Beyond the Google listings giving ADN Dialect as first result when you search for information about arts scenoplastiques or scenoplastic in English, the company continues to get married to other disciplines and confirms to each creation, to be a form of "Evolving Dance" (expression / title of the article "Danza que evoluciona!" Plaza de Arma - Queretaro - Mexico, about the company ADN Dialect at the 4th Festival SigüentEscena - August 2011).



Integration of ADN Dialect within the CID International Dance Council of UNESCO

Through operations conducted in Switzerland and throughout the five continents, in the name of pacifist ideals, the Company ADN Dialect is proud to announce that it is now a member of CID - UNESCO (International Dance Council UNESCO).



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