



# The Actor's strings

Actor training as a starting point for stage creation

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Let us imagine that the actor is a puppet. Their strings are their body, their voice, and their imagination. If these do not function properly, it will be very difficult for the actor to use them on stage. However, technical work does not necessarily have to be detached from the creative process. In this workshop, students will have the opportunity to explore the concept of actor training, as well as its use in the creation of scores of physical and vocal actions.

The sessions will be divided into vocal work, through the use of short texts and songs, and physical work, by means of sequences of physical actions with and without objects. These sequences will be used to create scenes, thus weaving a dramaturgy that will result in a small final performance. In this way, participants will be able to experience firsthand how varied actor training can be and how it can lead both to the development of technique and to the birth of an original performance, thus taking control of their own strings.





**Pablo Lara** is an actor-musician and singer from Granada, Spain. He graduated in classical acting at the ESAD of Málaga and completed a Master's degree in Musical Theatre Performance at the Royal Conservatoire of Scotland in Glasgow. He also trained clarinet at the Experimental School of Music of Granada and at the Manuel Carra Professional Conservatory in Málaga. Pablo has worked as an actor and singer with numerous Spanish companies such as El Terral, NOOMA Producciones, and La Buena Compañía. In the United Kingdom, he collaborated with the ensemble Action to the Word and also participated in the Edinburgh Fringe Festival with two musical productions. Since 2018, Pablo has worked as an actor, musician, and project leader at Nordisk Teaterlaboratorium – Odin Teatret, performing on national and international tours in Denmark, China, Greenland, the Netherlands, Serbia, and Spain; coordinating local projects such as Kabarett INC and Landsbyakademiet; and creating his own productions, such as the musical Cupid's Call. He is currently completing certification as a singing instructor at the Institute for Vocal Advancement.



**Gracia Ríos** is an actress-musician from Málaga. She studied professional-level violin at the Gonzalo Martín Tenllado Conservatory. She later began her musical theatre studies, completing a degree in acting at the ESAD of Málaga and a Master's degree in Musical Theatre Performance at Mountview University (London). Gracia has been part of several Spanish companies, such as La Buena Compañía and El Terral, and was part of the musical cast of the Giraffes Can't Dance UK Tour (2019–2020). In addition, as a result of her master's thesis, she produced her own solo theatre piece, The Lesson, which was presented at the Maiden Speech Festival (London) and at the Old Red Lion Theatre (London), receiving great critical acclaim. Since August 2022, she has been part of the permanent ensemble of NTL–Odin Teatret, working as a violinist, actress, and project leader, one of her most recent projects being the creation of the musical Cupid's Call