

A person with long braided hair, wearing a yellow tank top and dark pants, is in a dynamic pose on a dark stage. They are leaning forward with one hand on the floor and the other near their head, looking back over their shoulder.

CORPO ÚNICO

The Art of BoomKaKa

movement research . improvisation . creation

Clara da Costa





CORPO ÚNICO is for **all bodies interested in the experience of playful movement**. Actors, dancers, athletes (professional or not) and anyone who wants to **know their body** to use it in the best possible way, aiming for work and well-being.

It aims to open our minds and moving bodies to uncover new creative approaches, awakening the power of the **INTELLIGENT, THINKING AND UNIQUE BODY** to its maximum potential, exploring new possibilities to expand awareness and **allowing the discovery of new ways of moving**.

It taps into the **body's confidence** in its **adaptive abilities**, allowing its own intelligence to make it **free to move** in an intuitive, safe and delicious way.





With an emphasis on a **pluri-dimensional body**, **tonus**, joint **mobility**, gravity **axis**, body **weight**, **resistance**, use of **space** and **performativity**, the work encourages the body to **expand senses and emotions**, through exhaustion and intense physicality that brings the body into the present moment.

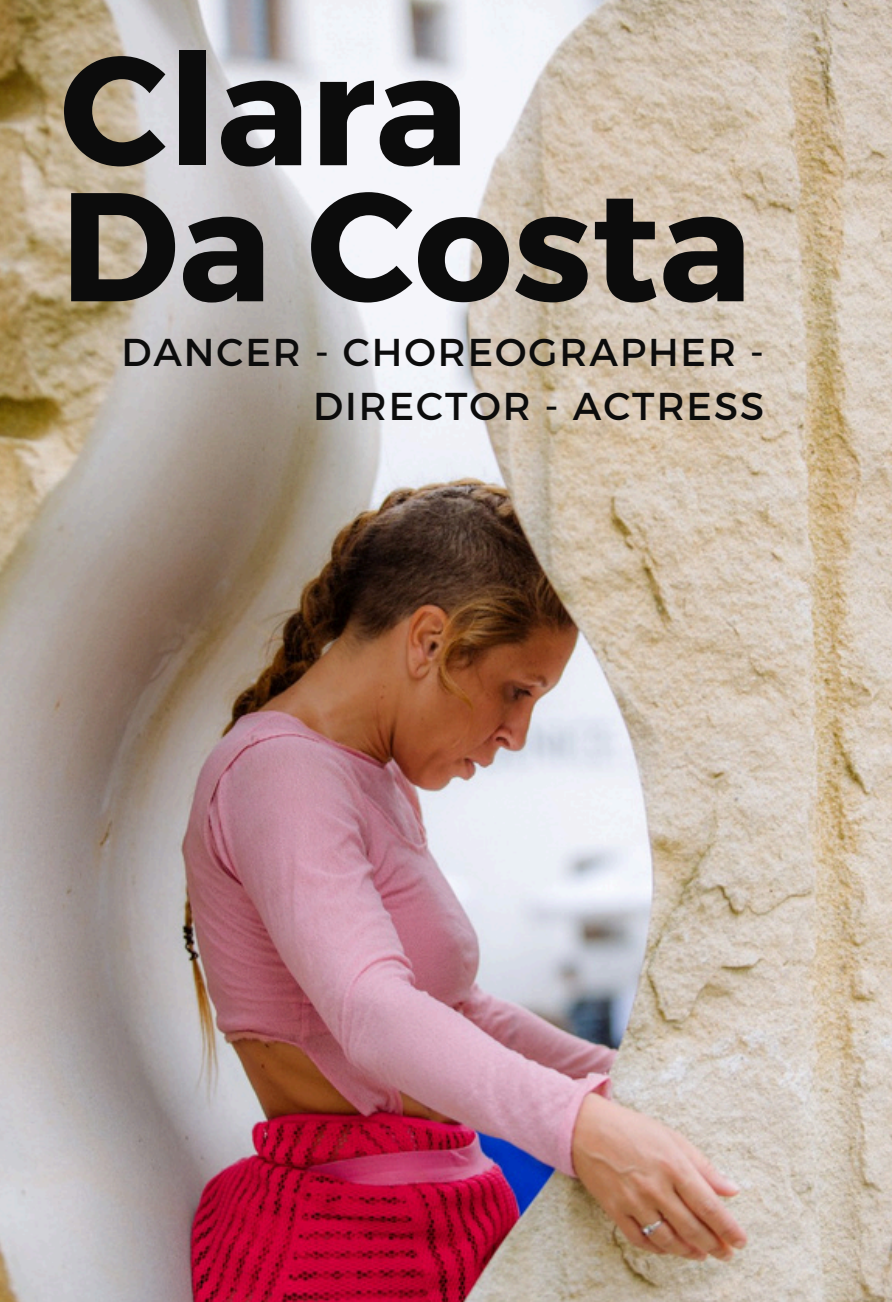
Each body is invited to **experiment** within its possibilities and previous experience.



The body holds a vast amount of practical knowledge that surpasses the limitations of the conscious mind's processing abilities.

Clara Da Costa

DANCER - CHOREOGRAPHER -
DIRECTOR - ACTRESS



Graduated in Major Performance at SEAD, in Salzburg, Austria.
Also studied at the Tisch School of the Arts – NYU, USA.

Participated in projects and performances with international choreographers.

Workshop CORPO ÚNICO for Cirque de Soleil artists in Austria

At Musical Theatre, she works as choreographer, director, cast member, body
trainer and also resident director.

In audiovisual, she works with movement direction and choreography, as well as
being an interpreter and creator of music videos, short films and documentaries.

Since 2003, he has facilitated the Corpo Único workshop (contemporary dance
and improvisation) in Brazil and Europe. Teaches regular dance classes.

Recently premiered her new solo, “Peel the Onion” and the duo “Womanhood”, a
collaboration with Yana Reutova (Ukraine), at the Opening New Season of Tanec
Praha, in the Czech Republic.

In 2025 is on tour in Festivals in Czech Republic, Cape Verde and Bulgaria.

CORPO ÚNICO

The Art of BoomKaKa

- 2025 - KONTORNU FESTIVAL - Cape Verde
- 2025 - TANEK PRAHA FESTIVAL - Czech Republic
- 2024 - TEnPO FESTIVAL - Porangatu - Brazil
- 2023 - DANÇA EM TRÂNSITO FESTIVAL - MG - Brazil
- 2021 - DANÇA EM TRÂNSITO FESTIVAL - PA - Brazil
- 2021 - DANÇA EM TRÂNSITO FESTIVAL - RJ- Brazil
- 2020 - IN CENA Casa de Artes - RJ- Brazil
- 2020 - Street Chairs Group - BRASÍLIA- Brazil
- 2013 - CIRQUE DU SOLEIL - Austria
- 2010/2011 - TanzImpulse Internationale - Austria
- Ostertanztage - Austria

Since 2003 - FACILITATING IN BRAZIL AND EUROPE





**Clara
Da Costa**

*Dancer
Choreographer
Director
Actress*

CONTACT

Switzerland

+41 77 400 17 58

+55 (21) 99305-6962

clara@da-costa.art