

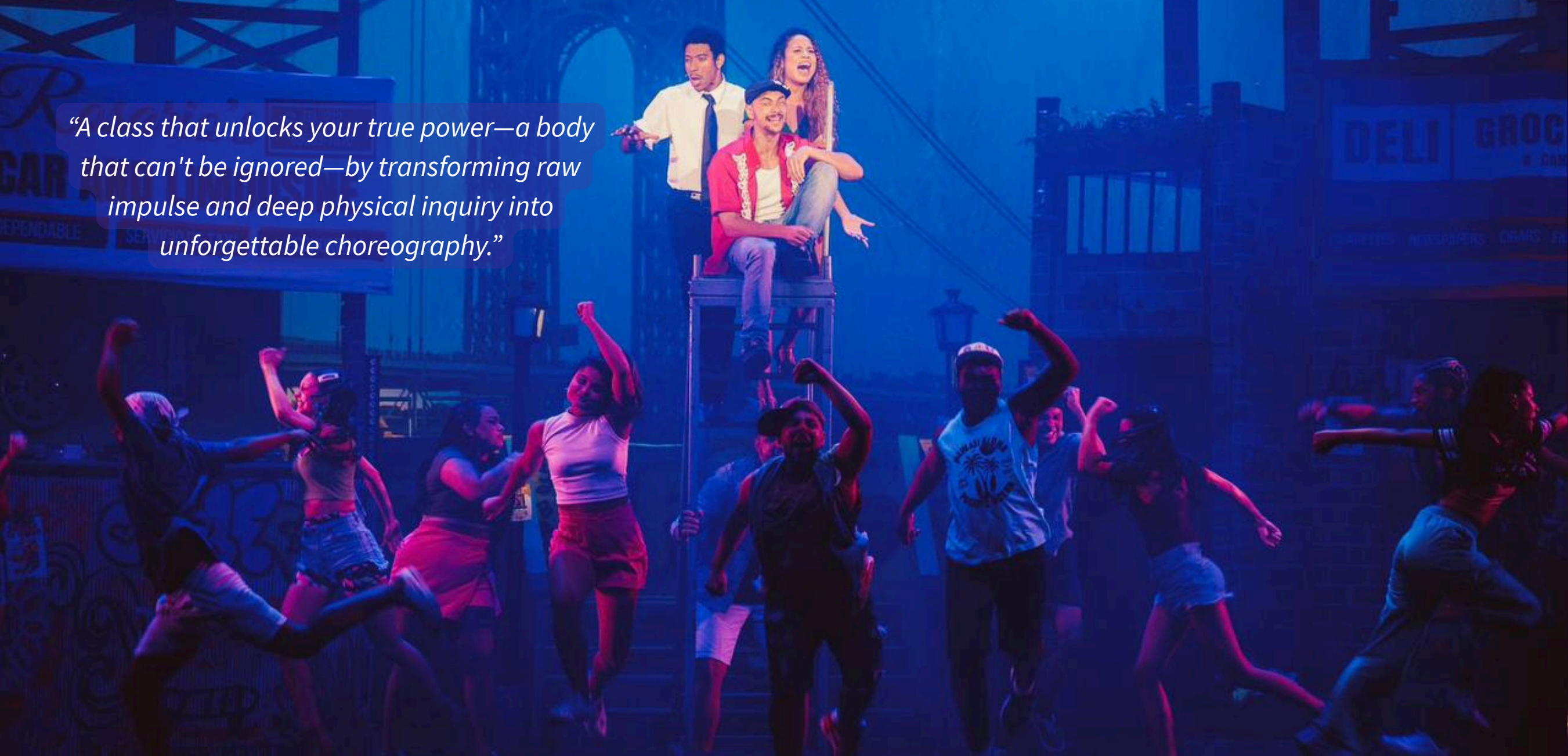


# the Performative Body in Musical Theater!

**DANCE AND MOVEMENT WORKSHOP**

**CLARA DA COSTA**

*“A class that unlocks your true power—a body that can't be ignored—by transforming raw impulse and deep physical inquiry into unforgettable choreography.”*



This workshop is for anyone who is interested in building a powerful, expressive, and intelligent physical presence and seeking transform their body into a dynamic instrument for storytelling.

Through an integrated approach, these classes offer a deep dive into the mechanics and artistry of the performer's body. You will gain a profound understanding of your physical instrument, achieving a new level of control, precision, and expressive freedom.

You are going to enrich your technical skills, creative autonomy, and unwavering confidence necessary to thrive in any choreographic challenge you may face on your journey as a performer.

By fusing techniques from Contemporary Dance, Jazz, and Ballet and based on "Corpo Único - the art of BoomKaKa", you will develop your "performance body."

This is a body ready for the rigors of musical theater—capable of nuanced storytelling through movement and prepared for continuous investigation, discovery, and growth.

## For Who:

- Aspiring and experienced musical theater performers
- Anyone wanting a more conscious and intelligent body for the stage.

## How:

- Techniques from Contemporary, Jazz, and Ballet , Integrated Body Awareness practices - CORPO ÚNICO
- Physical and movement training

## Objectives:

- Develop body awareness
- Gain control over your physical instrument
- Build essential movement skills.
- Increase performance autonomy and confidence

## Goal:

- To create a dynamic and intelligent "Performance Body" ready for musical theater
- Have a lot of FUN!



# CLARA DA COSTA



Clara da Costa is an international choreographer, director, and performer. Graduated in Major Performance at **SEAD** (Austria) and continued her studies at **NYU's Tisch School of the Arts**.

She has facilitated her signature "**Corpo Único - The Art of BoomKaKa**" workshop across Brazil and Europe since 2003, including for artists of **Cirque du Soleil**.

In the Brazilian musical theatre scene, Clara is a leading creative force. She recently directed and choreographed **Chicago**, from Ceftem Produções, Choreographed **In the Heights**, **Rapsodia**, **Yank!**, **Anastasia** - youth edition, **Glam!**, **School of Rock** from Incena produções, among others.

Her versatile contributions also include work as a Dance Captain, choreographer assistant and performer in numerous other acclaimed shows. Beyond the stage, she is a movement director for film and video.

Since 2003, he has facilitated the Corpo Único workshop (contemporary dance and improvisation) in Brazil and Europe. And since 2015 teaches musical dance classes and workshops.

Recently premiered her new solo, "Peel the Onion" and the duo "Womanhood", a collaboration with Yana Reutova (Uckraine), and is touring in Festivals in Czech Republic, Cape Verde and Bulgaria.





# CONTACT

**Clara  
Da Costa**

*Dancer  
Choreographer  
Director  
Actress*

*Switzerland*

*+41 77 400 17 58*

*+55 (21) 99305-6962*

*clara@da-costa.art*