

Biography - Sofia Fitas

Sofia Fitas is a Portuguese Choreographer and Performance Artist based in Paris. She creates bodily audacious, visually absorbing and experimental choreographies which are regularly presented in France, Portugal as well as across Europe.

Sofia Fitas choreographic work key words are intuition, experimentation and metamorphosis. Her work focus on questioning our perception and representation of the body: by the trial run and deconstruction of the body and its movement, trying to question the individual and its identity; by manoeuvring with the disarrays of the definition of human beings, and its knock-on effect blurring or loss of the border between the real and the virtual.

Sofia highlights within her body of work the following choreographies:

- **Fora do Esquecimento (2000)**, 1st Prize Young Artists Contest in Lisbon
- **Experimento 1 (2008)**, 1st Prize 13th International Contemporary Dance Festival of the Canaries
- **Que Ser? (2012)**, selected by Aerowaves - Priority Company

Sofia Fitas began to study classical ballet at the *Companhia de Dança* in Lisbon. She then received a scholarship to pursue her dance training at Rui Horta's Dance School, where she became familiar with the techniques of modern and contemporary dance. She further continued her studies in London, at the London Studio Centre and at the Urdang Academy.

Back to Portugal, she deepens her studies in modern dance: Graham and Cunningham technique (with Rui Horta and Margarida Bettencourt Gulbenkian Ballet dancer), contemporary dance (Release Technique, Body Mind Centering and Idiokinesis) with Francisco Camacho, João Fiadeiro, Antonio Carallo, Clara Andermatt, Amelia Bentes, Pieter Michael Dietz. She leads an extensive work research on the techniques of improvisation and choreography working with Ana Macara, Martha Moore, Mary O'Donnell, Peter Hulton, Sofia Neuparth, Vera Mantero.

Since 1994, she works as interpreter for different choreographers and directors in Portugal as: Sofia Neuparth, Efthimios Angelakis, António Feio, Madalena Wallenstein, Luís Castro.

From 1999 to 2001, along with joining as a dancer and choreographer the Contemporary Dance Company of the *Faculdade de Motricidade Humana* in Lisbon, Sofia graduates in dance.

From 1998 to 2008 she worked as a dance teacher (adults and children), in renowned schools in Lisbon as: Centro em Movimento as (CEM) and Espaço Evoo.

In 2000, with the choreography *Fora do Esquecimento*, she won the **1st Prize at the Young Artists**, sponsored by the Clube Português de Artes e Ideias, which enables her to be supported by the Portuguese Ministry of Culture and she could then develop her choreographic work, she created: **No Fate** (2000/2001), **Nashenu** (2001), **10 basic things** (2002), **Tragedy 0:1** (2002), **Absence** (2003/2004).

In 2004, she begins a Master in Aesthetics / Philosophy related to dance, to continue the development of his artistic research and choreographic work. These studies were deepened by a period of research in the Department of Dance at the University Paris 8 and at *Centre National de la Danse* in 2006.

Her choreography *Experimento 1*, won the **1st Prize at the 13th International Contemporary Dance Festival of the Canaries – Masdanza**, in October 2008. The solo has been showed at different festivals in France, Portugal, Spain, Belgium, Holland, and it continues being played.

In March 2010 she was invited to participate as a choreographer, at the **18th Dance and Philosophy Conference – “Arts vivants et pratiques vivantes des arts face à l’outil philosophique”**, in Brussels, the conference was organized by *Contredanse*, *Centre National de la Danse* and *Centre Art et Performance de l’Université Saint-Louis*.

In September 2009, the Commission for the Centenary of the Commemorations of the Portuguese Republic invited Sofia to create a new solo **Sós (*Uma Homenagem*)**, which has been presented, in different towns in Portugal, since March 2010.

Along with the creation of the solo referred, she developed the solo **Experimento 2** (project in residence at *Mains d'Oeuvres* - Paris, in 2009/2010). The solo had its premiere at June 2010, in Paris, and was presented at **Off Montpellier Dance Festival 2010 - Festival Mouvements sur la Ville II**, and in October 2010 at *Centro Cultural de Belém*, in Lisbon.

In December 2010, Sofia was invited by the Director of Theatre Viriato (Paulo Ribeiro), in Portugal to create a solo: **Que Ser?**, that represents Portugal in the Project W-Est_Where. A cooperation project, between Portugal (*Teatro Viriato*), France (*Compagnie Jasmína*), Hungry (Trafó House) and Croatia (HIPPI / Dance Week Festival), supported by the Culture Program 2007-2013 of the European Community. The solo **Que Ser?**, was selected by **AEROWAVES - Priority Company 2012**. **AEROWAVES** is a Europe-wide network, which brings together dance specialists from 36 countries.

From December 2010 until the summer of 2011 she was in artistic residence at **Cité Internationale des Arts - Paris**, a scholarship awarded by the **French Institute - Residence and Research Programs** and by the **Camões Institute** in Paris. During that period, she developed there her choreographic work.

The 10 April 2013, Sofia Fitas presented a new creation : **Bestiaire – Experimento 3**, at the 17th **Biennale de Danse du Val-de-Marne**, a piece commanded by Daniel Favier, Director of *La Briqueterie/ Centre de Développement Chorégraphique du Val-de-Marne*.

Actually she continues to present her choreographic work and begins the research for a new piece "Experimento 4".