

Biography - Sofia Fitas

Sofia Fitas is a portuguese choreographer and performer, working in Paris. Her choreographic pieces are regularly presented in Portugal, France, Spain and The Netherlands, as well as in other countries.

Intuition, experimentation and becoming are key words of Sofia Fitas choreographies.

His work focus on experimentation and deconstruction of the body and his movement, trying to question the individual and his identity, disorders of the definition of human beings, causing loss or decline the border between the real and the virtual, questioning our perception and representation of the body.

Of her choreographic work she highlights the choreographies:

- ***Fora do Esquecimento* - 1st Prize Young Artists Contest in Lisbon – 2000**
- ***Experimento 1* - 1st Prize - 13th International Contemporary Dance Festival of the Canaries - 2008**
- ***Que Ser ?* selected AEROWAVES - Priority Company 2012**
- ***Experimento 3* - 17th Biennial of Dance of Val-de-Marne 2013 - commissioned by Daniel Favier - Director of the Choreographic Development Center of Val-de-Marne**
- ***Experimento 4* - Winner in 2015 with the Choreographic Scholarship Beaumarchais Association - SACD**

Sofia Fitas began to study ballet in 1987 at the School of the Dance Company of Lisbon. A scholarship enables her to enter at Rui Horta Dance School, where she became familiar with the techniques of modern dance. She continued her studies in London, at London Studio Center and at 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 an 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 its integration as a dancer and choreographer in the Contemporary Dance Company of the Faculdade de Motricidade Humana, Lisbon, she completes a degree in dance. The Company was led by Luís Damas (1st dancer at Ballet Gulbenkian).

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 than 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 began a Master in Aesthetics / Philosophy related to dance, to continue the development of his artistic research and her choreographic work. These studies were complemented and deepened by a period of work and 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 Arte 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 below, 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 Jasmina*), Hungary (*Trafó House*) and Croatia (*HIPP / 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 : **Bestiaire - Experimento 3**, at the **17th Biennial de Dance du Val-de-Marne**, a piece commanded by Daniel Favier, Director of *La Briqueterie - Centre de Développement Chorégraphique du Val-de-Marne*.

In 2016 she presents Experimento 4 - Duo, which premiered on December at La Norville - Salle Pablo Picasso, as part of a Residency on the 2016-2017 season, with the support of the Ministry of Culture and Communication - DRAC Île-de-France.

Throughout the 2016/2017 season, Sofia developed cultural actions (courses, workshops, opening rehearsals, etc.) at the Conservatoire de Saint-Germain-lès-Arpajon, High Schools: Thimbaud, René Cassin , Michelet at *Ballet Théâtre de la Coline* and presented other pieces from the repertoire of the Company.

For the season 2017/2018 the Company is in residence at the Conservatory of Music and Dance of Colombes with the support of the City of Colombes. This residence will give rise to the diffusion of several pieces of the repertoire, as well as to the realization of various cultural actions (workshops, school performances,...).

Currently, Sofia, continues to present her previous choreographic pieces, prepares workshops and rehearse for a new creation: Experimento 5 - Trio.

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