

Sara Montalvão www.saramontalvao.com

Date of Birth: 27/08/1986

Currently based in Porto / Lisbon, Portugal



CURRICULUM VITAE

ACADEMIC EDUCATION AND PROFESSIONAL TRAINING:

- Professional training and intensive workshops:
Mr. Kriss, Vítor Hamamoto, Marion Sparber & Alan Fuentes Shared Levitation, Gaga Lab 2023 Tel Aviv with Batsheva Dance Company and Ohad Naharin, David Zambrano, Edivaldo Ernesto, Horacio Macuacua, Francesco Scavetta, Luke Jessop, Hofesh Shechter, Hélder Seabra, Rakesh Sukesh, Cristina Planas Leitão, Mathilde Monnier, Francisco Córdova, Marco da Silva Ferreira, Lali Ayguade and Lisard Tranis, Isael Cruz Mata, Rafa Jagat, Florentina Holzinger, Olga Álvarez, Natalia Pieczuro (Fighting Monkey), Mónica Calle, Susan Klein, Joana Levi, Yael Karavan, amongst others.
- Training and skills in Improvisation & Research, Teaching and Choreographing, Inclusive Dance, Social Work, Gaga technique, Flying Low technique, Contact and Partnering techniques, Urban dances, latin, african and afro-Brazilian dances, Martial Arts (kung-fu, capoeira and jiu jitsu), Clown / Physical Theater, Acting for stage and camera, Puppeteering (construction and manipulation).

Schools and Educational Institutions

- Suzanne Dellal Centre, Tel Aviv, Israel – GAGA training, GAGA lab (summer 2023)
- AREA - 3 months advanced training dance intensive with Edward Tamayo, Rafa Jagat and Olga Álvarez, Barcelona, 2020
- Summer Intensive (4 week) - Performact, Torres Vedras, 2018
- Connect Lab - intensive partnering at Tic Tac - Brussels, by ION Tribe, October 2018 •
- Post-Graduate Studies in Contemporary Dance, ESMAE/TMP, Porto, Portugal, 2018
- FAICC Formação Avançada em Criação e Composição Coreográfica - *Advanced Training in Choreographic Creation and Composition* -, Companhia Instável, Porto, Portugal, 2013
- Estudio de Actuación Augusto Fernandes (Actor's Studio), Buenos Aires, Argentina, 2009 – 2011
- Semester Courses at Teatro San Martín, Buenos Aires, 2011 - Suzuki method for actors; Puppeteering

• Anglo-American Studies, Faculty of Arts, University of Porto (FLUP) Portugal, 2004 – 2008

PROFESSIONAL EXPERIENCE IN PERFORMANCE AND AS TEACHER/FACILITATOR:

- *Sonhos 24/7* - solo dance - work in progress - since June 2024
- *Re-Loop*, interactive performance by Unloop Collective, presented at Artemis Gallery, Lisbon, 2024
- Performer dancer at *“Una Isla”* de Agrupación Señor Serrano (ES) – currently - since December 2022 (premier July 2023 in Barcelona)
- *“ Semente Simurgh ”* – live music / dance – concept and direction by Sara Montalvão with Magnum Soares, Sérgio Walgood, Aman Ehsan and Ustad Fazel Sapand (afghani music , sound design and dance) – *work in progress* performed at Pólo Gaivotas and Quinta Alegre, Lisbon, June 2023
- workshops and classes’ facilitator – for contemporary dance, practices for improvisation and composition, physical conditioning and mobility, since 2013 (on-line and present mode);
- Private coach for movement research for plastic artists /psychoanalysts/any person interested, since 2022. • *“Bio Loop”* – research project , concept and creation by Sara Montalvão and David Negrão, experiments with neuroscientific knowledge, visual digital art and choreography, financial support by Dg Artes, 2022.
- *“Unloop”* co-creation with David Negrão and choreographed by Sara Montalvão, multidisciplinary dance work , 2021
- *“Cuecas em 8”* directed by Ana Mula, performed at Teatro Circo Murcia and Rivoli Teatro Municipal do Porto, 2021
- *“Loop Mental”* interactive dance and visual art video , co-created and directed with David Negrão, performed by Sara Montalvão, 2020
- *“Sombras”* co-created and performed by Diletta Bindi and Sara Montalvão, premiered at Museu da Marioneta and Auditório de Marvila, InShadow – Lisbon ScreenDance Festival, Lisbon, 2019 and also performed in Armazém 22 and CC Malaposta in 2020 (Portugal).
- *“Insomnio”* directed by Julieta Aurora Santos, Teatro do Mar-toured nationally and internationally from April until October 2019
- Videoclip for Debunker, *“Memory Stone”*, 2019
- *“3,50 x 2,70”* directed by Ana Rita Barata e Bruno Rodrigues, CiM / Voarte, Sign and Sound project - performed at Teatro do Bairro and TM São Luiz (festival INART Community Arts Festival), Lisbon, 2018
- *“Cama de Gato”*, final solo performance by Sara Montalvão from post graduate studies in Contemporary Dance, performed at Rivoli TMP, Porto, 2018
- *“Cama de Gatos”* directed by Sara Montalvão, performed by disabled dancers of Espaço T at Rivoli TMP, Porto, 2018 • dance teacher/facilitator for a group of physically and mentally impaired people at Espaço T (2017/2018) • *“Tempo”* solo performance by Sara Montalvão, performed at Teatro de Ferro , festival FIMP’17, Porto, 2017
- Videoclip for Ana Bacalhau, *“Leve como uma pena”*, 2017
- *“Samsara”* solo performance by Sara Montalvão, performed at Cultivamos Cultura, festival Montras, 2016
- Dance teacher/facilitator for teenagers at the social and cultural centre La Pyramide, Castandet, France, 2016/2017.
- Street performance *Araignée* as part of the programmed festival on tournée with Lëzimbar Troupe (Lyon) France, August 2015.
- *“In between, Bliss”* directed by Mafalda Deville, performed at TMP Campo Alegre, Porto, 2014 • *“15 mulheres e 1 criança”* directed by Mafalda Deville, performed at TMP Campo Alegre, Porto, 2014 • Full time facilitator for artistic practices and creation, mainly for contemporary dance and theatre, for a wide range of groups, part of the Social Institution IPSS Benéfica e Previdente, 2013/2014 • *“Treze”* co-created and performed by José Artur Campos and Sara Montalvão, performed at TMP Campo Alegre and TNSJ Mosteiro São Bento da Vitória, festival MAP/P, 2013

