

**Sara Montalvão**

[www.saramontalvao.com](http://www.saramontalvao.com)

Date of Birth: 27/08/1986

Currently based in Lisbon, Portugal



#### CURRICULUM VITAE

#### ACADEMIC EDUCATION AND PROFESSIONAL TRAINING:

- Professional training and intensive workshops:  
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



## BIOGRAPHY

Sara Montalvão (1986) is a multidisciplinary artist and creator with body and movement as the core of her research practices and creations. She is interested in memory as the cause and reflection of personal and collective identity and symbolic language as metaphors for dramaturgical research. Sara is especially moved by a naturally anthropological view that connects traditions, rhythms and music with contemporary forms, searching for innovative formats to bridge people and artistic languages.

Sara completed a university degree in Anglo-American Studies at FLUP, University of Porto, 2008. In Argentina she received professional training as an actress (at Augusto Fernandes Studio, Buenos Aires, 2009-2011) and back in Portugal as a contemporary dancer (FAICC Cia Instável, Porto, 2013). In 2018 she did a year of Master Studies in Contemporary Dance by ESMAE / Rivoli, TMP. In 2020, Sara was in Barcelona for 3 months training intensely with Olga Alvarez at AREA school.

Sara Montalvão joined several intensive workshops having trained with different choreographers. She remarks as bigger influences what she has received from GAGA with Batsheva Dance Company and Ohad Naharin, Flying Low with David Zambrano, Improvisation with Edivaldo Ernesto and Horacio Macuacua, Intact Method with Rakesh Suresh, Fighting Monkey with Natalia Pieczuro, Contact Partnering with Luke Jessop and Summer Intensive Performact. practices, including Susan Klein training, and especially Martial Arts – Kung fu – has a huge impact on Sara's vision of movement research and philosophy.

Sara is strongly influenced in her research by different movement practices such as physical theatre/clown, urban dances, latin, afro-brazilian, mediterranean and middle-eastern rhythms. She also has puppeteering skills, both in making and manipulating.

Sara Montalvão has a particular professional path dialoguing between different artistic languages and performative spaces, focusing on the body as the main vehicle for her work. Sara is also a teacher and has done an extensive social and inclusive work through performative arts with a wide range of groups in terms of age and cultural background. Sara has lived in Scotland, Argentina, Brazil, Spain, France, Israel and Portugal.

Since 2013 Sara Montalvão has been maintaining a continuous artistic work, not only as a performer but also developing solo and collaborative creations. She has worked with Mafalda Deville, Miguel Moreira, José Artur Campos, Teresa Alpendurada, Edgar Pêra, CiM / VoArte, Teatro do Mar, Ana Mula and others.

In 2019/20, Sara premiered and toured "Sombras" - in co-creation and co-performed with Diletta Bindi, with the support of Fundação GDA and several cultural institutions. In 2020 she created an interactive video dance film - "Loop Mental" - with David Negrão, a ground breaking digital visual artist. In 2021, David and Sara joined up again and created and co directed UNLOOP, a multidisciplinary and collaborative project that brings game design to the stage, summoning different performers and diverse territories. UNLOOP is focused on the intersection of dance with new media / visual art as a game performance. In 2022 they took this project deeper with the research BIO LOOP, emerging themselves into neurosciences experimenting new pathways for the gaming proposal intersection of choreography with digital visual art.

Currently Sara is collaborating as a dancer for the catalan based company Agrupación Señor Serrano, in the project "Una Isla", that premiered in July 2023 in Festival Grec, Barcelona, presently on international touring. Also, Sara started Simurgh project in 2023, combining live persian and indic music with dance, involving afghani musicians and other Lisbon-based artists.

Sara has a deep interest in continuing her work as a creator, both with UNLOOP and SIMURGH projects. Unloop investigates on memory and gaming performative acts. Simurgh bridges different communities and artistic languages, focusing on the dialogue between middle eastern music and contemporary dance, involving artists with different origins thus promoting an exchange of disciplines and cultural backgrounds.