

VOXPOP VOXPOP !

HVAD ØVER DU PÅ? / HVORDAN ØVER DU?
HOW DO YOU PRACTICE? /WHAT DO YOU PRACTICE?

I practice studying. Everything from language to philosophy; communication and semiotics; neglected oral poetics, stand-up comedy, vocal practices from other cultures and everyday sounds - vocal work for me is a language that I have to enrich and expand through my ears, muscles and head. I believe practicing is creating situations for this triad to spin and one's singularity to be fostered. I practice analyzing different perspectives on any given situation in life, but also anticipating what could arrest my focus in a future performance situation of any kind. For me it's all about keeping my mind bouncy in a certain universal/universe's flow, and for that I also need to eat suitably and regularly, sleep enough, etc, so I feel I have a good range of active possibilities. Unless I want to compose with these mentioned parameters, then we start entering the realms of composition. All of these reflections and activities I see as part of my practice. The vocal work that I do is very demanding and exhausting, so my practice deals a lot with preparing my body and mind to perform and then also taking care of it afterwards. I practice on how to administrate my inner and outer energy, so that when I'm performing I'm on full blast. I would also say that regularly applied techniques from classical vocal training, bioenergetics, physical theatre and meditation helped me to build the muscular tonus of my breathing apparatus in my young days, so to develop the engagement range of my performance body and protect the throat when doing its most extreme work.

- MARCELA LUCATELLI

