
VICKY ITSIOU

PORTFOLIO



Sonic Bodies @ WORM Rotterdam, photo: Zsolt Szegedkényi

Vicky Itsiou is a Greek freelance performer and movement educator. She holds a Bachelor in Political Science and a Master's degree in **Theatre, Dance & Dramaturgy**. She has extensive experience in **contemporary dance education, teaching floorwork, soft acrobatics, improvisation and composition** and choreographing educational performances. She has worked as movement director in theatre and films and as a performer in productions in Greece and the Netherlands. She is a founding member of **JAVA collectief**, an international collective of artists based in the Netherlands that experiments with movement and sound, creating multidisciplinary works that transcend stylistic constraints. She has collaborated and shown her work at: **National Theatre of Northern Greece, Thessaloniki Concert Hall, Stedelijk Museum (The Living Museum series), WORM Rotterdam (Sounding Here festival), CORPO Rotterdam, 4bid Gallery (Amsterdam)**.

DANCE EDUCATION (2017 - 2026)



SEMINARS & WORKSHOPS with:
David Zambrano | *Flying low, improvisation*
Linda Kapetanea & Josef Frucek | *fighting monkey*
Keren Rosenberg | *Gaga technique*
Tony Vezich | *Floorwork*
Argyro Chioti | *Creating multidisciplinary performances (Greek National Opera)*
Rimini Protocoll | *Game structure in performance*
Zuna Kozánková & Milan Kozanek | *Contact improvisation*

Beyond Dance educational lab @ Transcendence studio (Thessaloniki) , photo: Eirini Kalogira



LESSONS & WORKSHOPS at:

release technique, floorwork, soft acrobatics, flying low, improvisation and composition for children, adolescents and adults

The lessons are focused on two directions: working on **technique** and gaining insight into **improvisational and choreographic** tools that bring more freedom, playfulness and theatricality in our dance.

> The classes are structured around a dynamic warm-up and the strengthening and mobilization of the muscles and the core, spine and limbs. Engaging in floorwork exercises, the focus is on gaining control of our weight and on moving with flow and continuity. The aim is to develop a technique in order to move effortlessly while also paying attention to personal expression and body awareness.

> Through improvisation exercises, both individual and with the whole group, we cultivate fundamental skills of perception of the space, timing and moving with others. The exercises help to apply our kinetic knowledge within a broader context of choreographic composition. We occasionally use props, text, voice or drawings and try to incorporate them in our process working towards a final presentation.



Beyond Dance educational lab, photo: Eirini Kalogira



LINKS

> [JAVA collectief](#)

> [Sonic Bodies @ WORM](#)

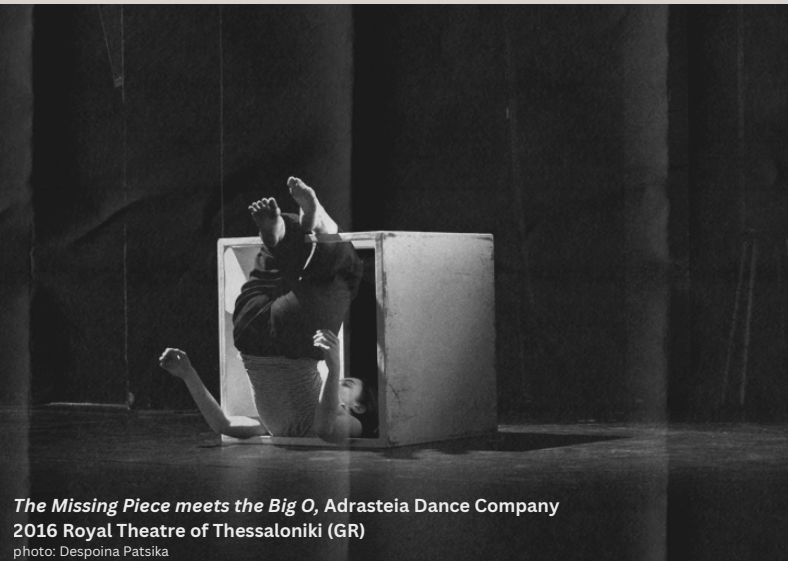
> [Dance Teaching Videos](#)

> [Improvisation Workshop](#)



SELECTED PROJECTS (2016 - 2022)

performance & movement direction



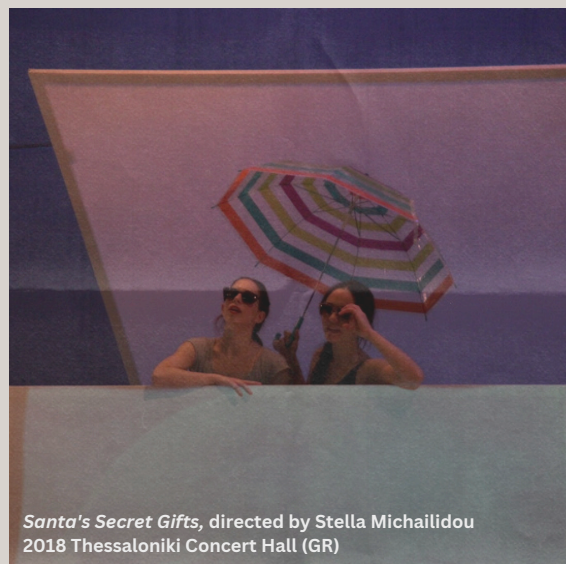
The Missing Piece meets the Big O,Adrasteia Dance Company
2016 Royal Theatre of Thessaloniki (GR)
photo: Despoina Patsika



Groove Theory, Rough|Cut collective
2016 Coo Basement, Thessaloniki (GR)
photo: Omer Chatziserif



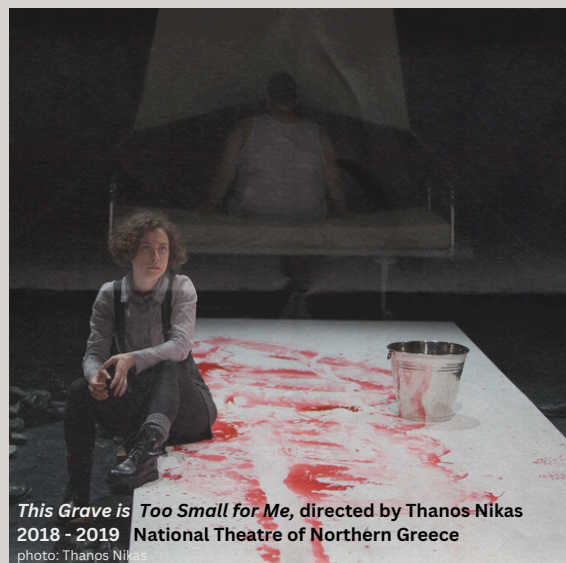
Look at the Now and here I am, improvisation performance based on Barnett Newman's work, 2018 Stedelijk Museum (NL)



Santa's Secret Gifts, directed by Stella Michailidou
2018 Thessaloniki Concert Hall (GR)



Alaska (short film)
directed by Michalis Giagkounidis, 2020 ArtCut productions
photo: Michalis Gatzogias



This Grave is Too Small for Me, directed by Thanos Nikas
2018 - 2019 National Theatre of Northern Greece
photo: Thanos Nikas

JAVA COLLECTIEF (2022 - 2024)



Numb with the woes (rehearsal) @ CODARTS Rotterdam, photo: Aggelos Schoinas



Sonic Bodies @ WORM Rotterdam, photo: Zsolt Szederkényi

2022/23 - NUMB WITH THE WOES OF MY KIND

with the support of **NORMA Startersfonds**

In *Numb with the woes of my kind* we explored the locus of the self and the processes that create and transform our sense of identity. Influenced by the text of Samuel Beckett's novel *Company*, we experimented with the merging of pre-recorded voiceover, an on-stage string quartet, as well as live storytelling, sounds and a minimal choreography of actions. We created a soundscape of ambiguity and confusion. A testimony of (hi)stories that make us who we are.

Performed & created by: Flavia Escartin, Julia Filon, Vicky Itsiou, Anastasia Koukioglou, Aggelos Schoinas

Production & promotion: JAVA collectief

Poster, teaser: Chris Kosides

The performance was presented during the period January - April 2023 in multiple locations and small festivals in Amsterdam and Rotterdam as well as in selected residencies in South Rotterdam.



Numb with the woes @ 4bid Gallery Amsterdam, photo: Theo van Loon

2024 - SONIC BODIES (research)

with the support of **CORPO Rotterdam** (residency)

Sonic Bodies is a research performance exploring the connections and interactions between sound and movement via the notion of gesture. How can two musicians sonify movement, and how can a dancer embody sound? On a more ontological level: How does a sound move? How does a body sound? In this context and with gesture as the initial common tool between the two disciplines, we attempt to reinvent, through improvisation, our artistic vocabulary.

Performed & created by: Anastasia Koukioglou, Asim Singh Halwarvi, Vicky Itsiou

Production: JAVA collectief

Promotion: JAVA collectief, CORPO, Sounding Here

Sonic Bodies was performed during the *Highs & Lows* evening of performance at 4bid Gallery (Amsterdam) and as part of the ***Sounding Here* event series** at WORM (Rotterdam).



Sonic Bodies @ CORPO Rotterdam, photo: Ani Kehayova