



THE

BODY

INSTRUMENT

FROM SILENCE TO SOUND

-WORKSHOP-

Intensive Workshop

4hs

General Description

The Body Instrument is a body-based practice that proposes a return to the body as a living instrument.

It is a concrete and physical practice that invites us to step out of the constant pushing and collapsing through which we often live, and to enter a middle point where the body begins to generate space and self-regulation on its own. It is not a technique to achieve something, nor a formula to reach a special state.

Through simple principles — such as falling and sustaining oneself at the same time — the system begins to reorganize. Tension decreases, inner space appears, and a feminine dimension of experience opens. Within that feminine space, many structures that have unconsciously shaped our lives begin to move. From there, we can become aware, redirect, release, and move through ruptures, trauma, and inherited histories — not from the mind, but from the body.

It is not a mental method. It is a direct, somatic experience that opens coherence between the physical, emotional, and psychic dimensions.

Body and breath grounding

Release of tensions that
block the voice

¿What will we explore?

Resonance, vibration, and articulation

Movement sequences to open
inner space





TO HOLD
AND
BE HELD

Group sound work to inhabit the collective vibration.

Led by Leonardo Prakash

“Your body is a living instrument.
Discover its sound.”



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