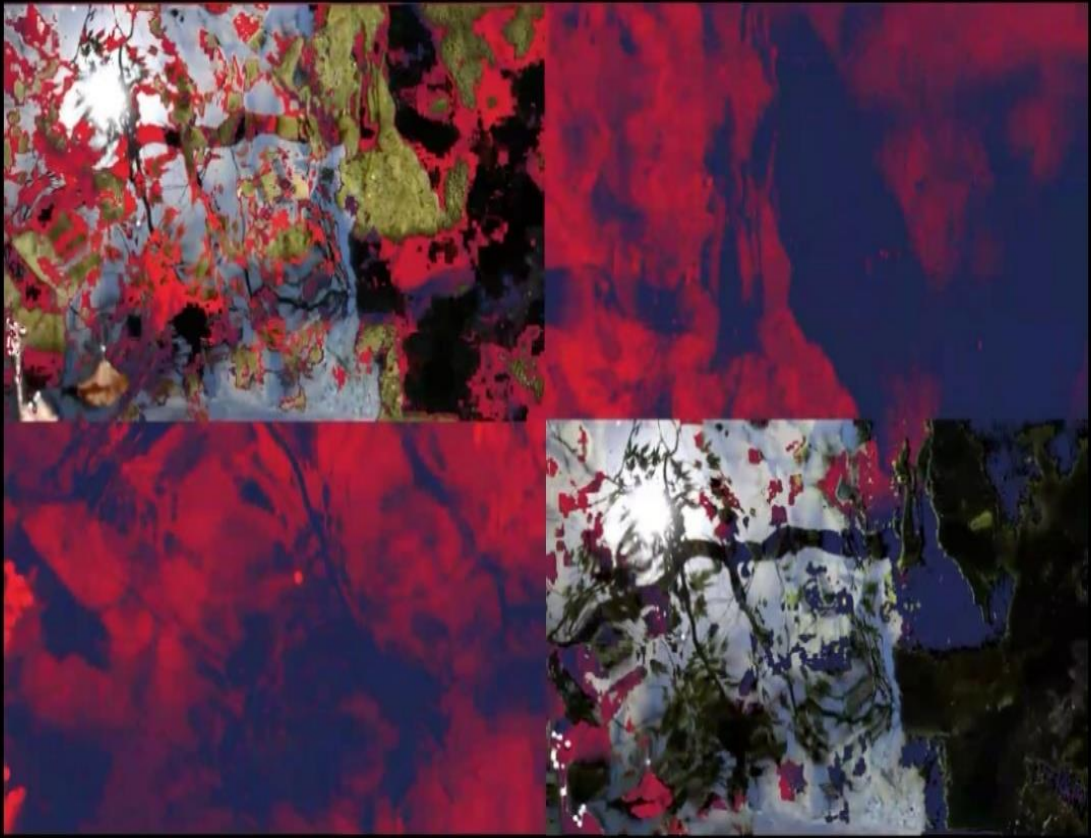


# Healing Landscapes

~ *The movement from within* ~

*“I want the right of life,  
of the leopard at the spring, of the seed splitting open-  
I want the right of the first man.”*

— *Nâzım Hikmet, Poems of Nazım Hikmet*



*Silent Water, 2022*

«**Healing Landscapes**» project has as a base the natural landscape and its interaction with the human presence. The performer opens herself to the different circumstances, plays with the elements, the landscape, the sounds, the light and co-creates a dance, a moving piece, a performance or a film with the natural rhythm, motion and notion of each moment. Eventually, the greater part of the work is improvised but the practise of body and spirit within nature is continual and growing.



## **ALAS DE AGUA**

*element : water*

*«Life has been your art.  
You have set yourself to music.  
Your days are your sonnets.»*

*Oscar Wilde*









Room 37 Artworks presents

# ALAS DE AGUA

*"Life has been your art.  
You have set yourself to music.  
Your days are your sonnets."*

*Oscar Wilde*

PERFORMANCE BY ALKISTIS VOUGARI

## **Breeze**

*element : wind*

*«The breeze at dawn  
Has secrets to tell you.  
Don't go back to sleep.»*

*~ Rumi*









Alkistis  
Voulgari

Room 37  
Artworks

# Breeze

*Poetry n' Motion*

The breeze at dawn has secrets to tell you.  
Don't go back to sleep.  
- Rumi

## **Surya**

*element : fire*

*“May we learn to be like a river that dances  
And sings the songs of the eternal,*

*Traveling and surrendering to the many bends,  
Until she finally meets her beloved ocean.”*

*– Mundaka Upanishad*













Alkistis  
Voulgari

Room 37  
Artworks

# Surya

*Poetry N' Motion Film*

*"May we learn to be like a river that dances  
and sings the songs of the eternal,  
traveling and surrendering to the many bends,  
until she finally meets her beloved ocean."*

*- Mundaka Upanishad*

## **Dryad**

*element : wood*

*«She wandered by the riverside  
To drown her sorrows in the tide:  
«I am alone in this vile world,  
My only friends are beasts and birds;  
They pass away – unknown, unsung,  
While I am destined to stay young!  
The soul – once hurt – forever mourns –  
My woeful heart is pierced by thorns!  
The solitude, which I adored,  
Brings sorrow now – and nothing more...»*

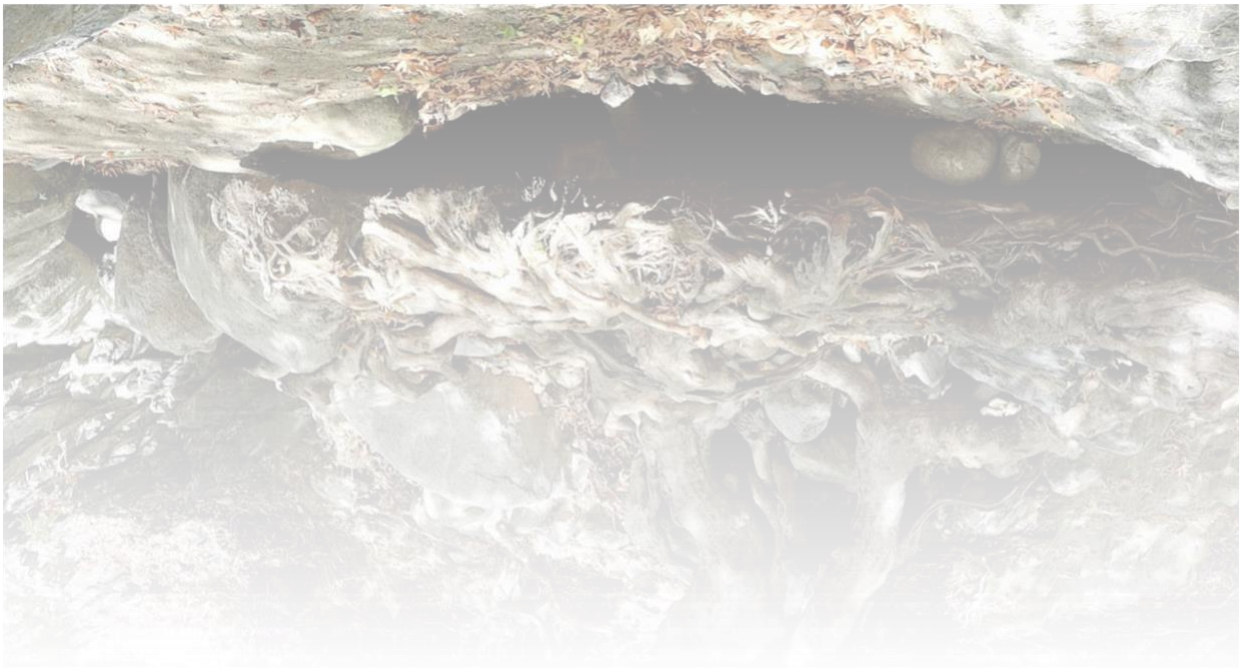
- Excerpt from «The Nymph and the Dryad» by

© Veronika Sizova and The Waves of Poetry







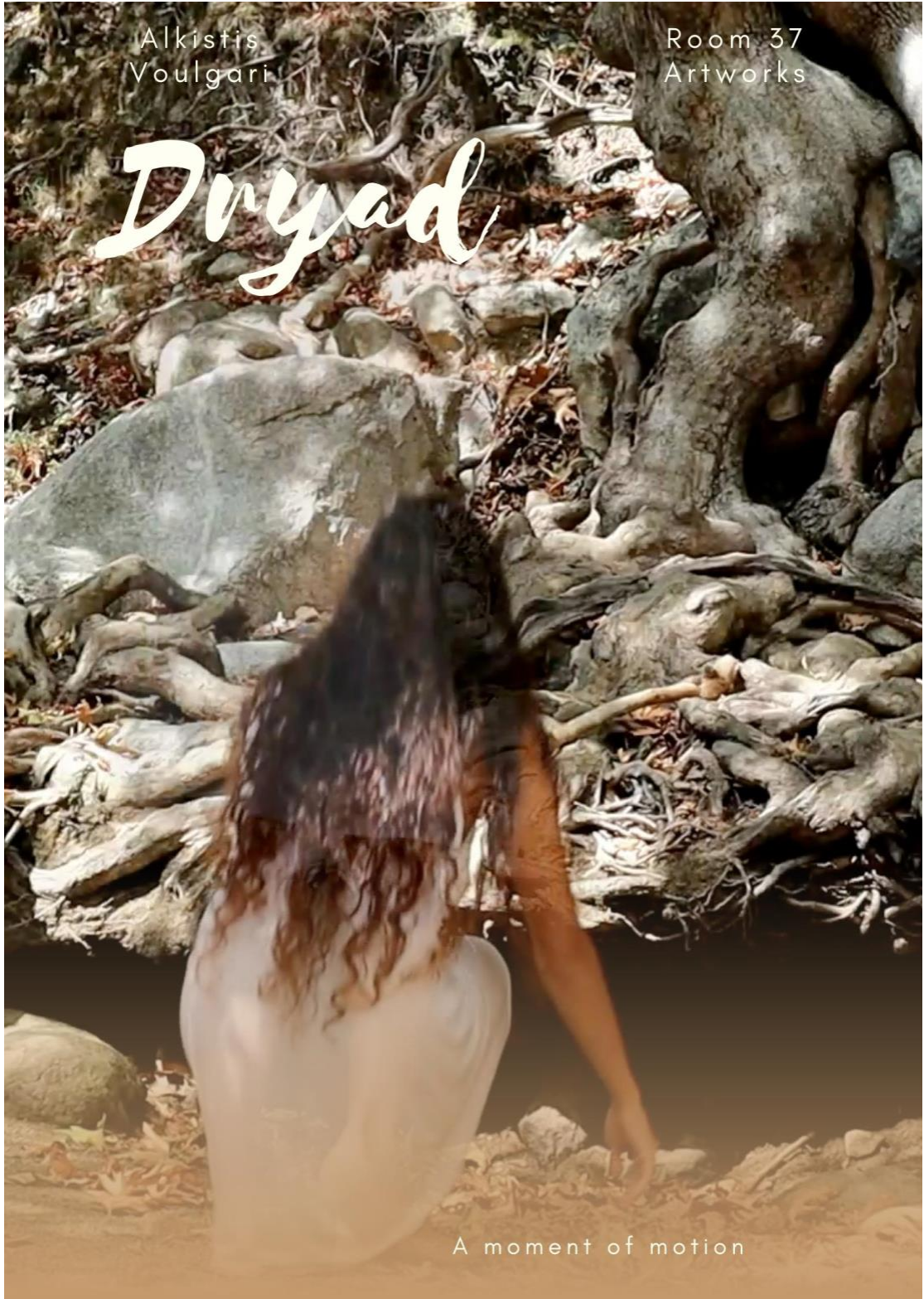


Alkistis  
Voulgari

Room 37  
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# *Dryad*

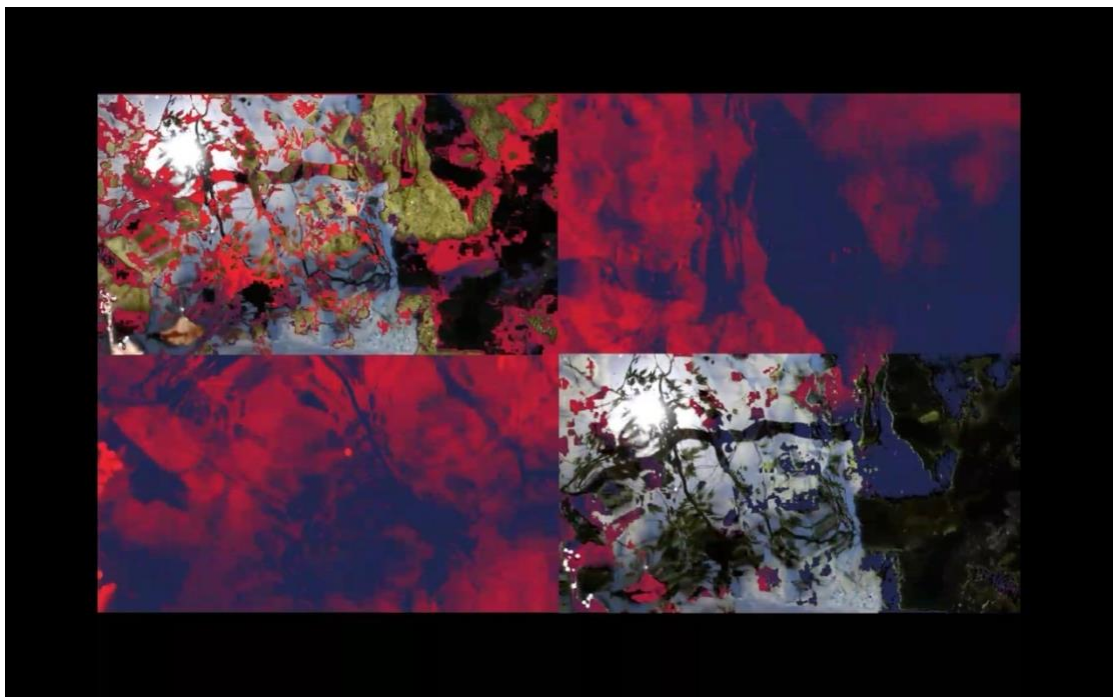
A moment of motion



## Silent Water







Alkistis Voulgari was born in Athens. She is an actress and dancer specialized in Isadora Duncan's Dance Technique.

The last two years she started her own filming experimentations and performance creations which contain Theatre, Poetry, Literature, Dance and Radio Art.

Her work has been presented in many different countries, in festivals, exhibitions and theatres as the Short film Panorama and Academia Romantica of Athens, Avatar Center and Porcovete Pictures in Canada, UNU – Flores and Technische Sammlungen in Dresden, International Multimedia Art Festival in Serbia, Verti Films in Prague, On the Rocks Film festival in Italy, Museum of Dead Words in Brooklyn, NY.

The start was made by the experimental short film «Dancing in the Silence» from the «TERRACE PROJECT» which was hosted at Bibart's Biennale Internazionale D'Arte di Bari and received an honourable mention from the Navajo Film Festival.

She is gradually visualising and working on the reconnection of the Theatre with its natural roots by improvising and exploring the primitive idea in an open, natural space where the film camera becomes the «eye of the director» and an eternal narration of the theatrical, performative, human and life experience.

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<https://filmfreeway.com/alkistisvoulgari>