

MOVEMENTS & VOICE IN IMPROVISATION

PROFESSIONAL
WORKSHOPS 2026

FROM MAY 1ST TO 3RD 2026 – 18 HOURS – QUINCEROT (21)

With Christine Bertocchi and Agnès Benoit

Since many years, Christine and Agnès have been forging numerous connections between their respective improvisation practices. For the first time, they are offering a joint workshop focusing on voice and movement. In order to immerse themselves in individual work to then create something collective, they will offer practice sessions based on the Feldenkrais Method and Authentic Movement, and will continue to engage physically and vocally in the pursuit of improvisation. Body awareness in space and the relationship with others will be explored through playful and intensive exercises.



SCHEDULE

FRIDAY, MAY 1ST

11AM - 1PM

2:30PM - 6:30PM

SATURDAY, MAY 2ND

9:30AM - 12:30PM

2PM - 5PM

SUNDAY, MAY 3RD

9:30AM - 12:30PM

2PM - 5PM

METHODES USED

- Breathing and body exercises on the floor, seated and standing (Feldenkrais® Method)
- Mobility of the laryngeal suspensory muscles, jaw, tongue, and lips to develop fluid and precise articulation
- Exploration of vocal registers (head voice / chest voice)
- Anatomy of the vocal apparatus
- Relationships between gesture and vocal intention
- Exploration of resonators
- Play with different vocal placements and their “shifts”
- Oral transmission, imitation and transformation games
- Collective improvisation of musical and movement sequences
- Relationship between inner and outer gaze
- Precision work on auditory feedback
- Work on relationship to space and to the group
- Exploration of touch and weight transfer
- Individual writing practice sessions
- Improvisation practice in solo, duo, and group formats

ACCESS TO TRAINING:

Limited to 20 participants.

Applications are reviewed by order of arrival after receiving your CV and cover letter, and subject to availability. Validation by the teaching team will allow you to proceed with your registration.

FEES:

This training can be covered by your OPCO (AFDAS, UNIFORMATION, FONGECIF,...) or your employer (City or Conservatory) as part of your continuing education rights. A few spots are available for individual funding. Please feel free to contact us for a quote:

Contact : Pablo VIETTE, accueil@uninstantalautre.com

LOCATION:

Studio of the company D'un instant à l'autre (2 rue des Souillas, 21500 Quincerot), in Côte-d'Or, 10 minutes from Montbard train station (TER and TGV).

The training location is accessible to people with reduced mobility.

TARGET AUDIENCE:

This workshop is open to vocal artists as well as those involved in movement (dancers, circus performers, actors).

PREREQUISITES:

Singers who have already experimented with non-idiomatic improvisation; actors and dancers with prior experience in singing; musician-educators with a sustained vocal practice; and choir conductors who already have experience in vocal improvisation

ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

For any questions regarding the welcoming of people with disabilities, please contact:

Pablo VIETTE : accueil@uninstantalautre.com

METHODS USED:

We will take time to conduct daily work assessments to identify improvement, expectations, and the needs of each participant.

EVALUATION METHODS:

A self-assessment will be completed by each trainee at the end of the training. This will give participants the opportunity to reflect on the development of acquired skills and identify those to be developed.

BIOGRAPHIES

CHRISTINE BERTOCCHI

Singer, performer and artistic director

Performer, singer, mover & artistic director, she worked as an interpreter of contemporary theatre projects under the direction of many renowned directors. Engaged in multidisciplinary creation within various Parisian collectives, she develops a unique body of work, including concert-lectures and musical improvisation performances. In 2005, she founded the company *D'un Instant à l'autre*, based in Burgundy, which she now co-directs with Guillaume Orti and Didier Petit. Within this company, she has created her own works such as *En aparté*, *Multivoix*, *Engrenages* and *Bon voyage*, and has also participated in other collective projects, such as *D.U.O.*, *À la croisée des voies*, *TWINNING*, and *Chemins sonnants*.

Christine is also regularly invited to sing alongside contemporary composers and writers Isabelle Pinçon, Ghislain Mugneret, Sébastien Gaxie, Fabrice Villard, Pascal Charrier and Jean-Pierre Jullian, since the early 2000s.

In March 2025, her solo project, *Imbrications*, premiered at the Art Danse festival, in co-production with Le Dancing CDCN and ici l'onde CNCM.

A Feldenkrais® practitioner since 2000, certified in Voice Anatomy since 2006 and a trainer in vocal technique and improvisation, she teaches courses for professional artists in music and performing arts, and offers specialized training sessions (CFMI, CNFPT, Pôles sup, Afdas courses, Université Paris 8 - Département Danse, Université Paris-Cité, ESM Dijon, etc.).

A pedagogical DVD was created in 2009 for the Voie Ouverte project and was published by SCEREN-Canopé, featuring an improvisation choir and a vocal quartet.

In 2024, she completed a Master's degree in Musicology with a specialization in Dance at the University of Paris 8, writing a thesis entitled: "*Cheminer en compagnie de Meredith Monk, en empruntant des parcours mêlant gestes et voix, à travers composition et pédagogie*," with high honors.

Head of the *Groupe de travail Transmission* since 2020, she has been an active member of the Board of Directors of *Futurs Composés*, a national network for musical creation. Since December 2024, she has been serving as the vice-president of this network.



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AGNÈS BENOIT

Danser, teacher

Agnès works in the field of dance as a teacher and improviser. She received both her BA and MFA in dance from Bennington College, in the U.S. From an intense improvisation practice with Mark Tompkins, Julyen Hamilton, Simone Forti, David Zambrano... she conducted a series of interviews published as: *On the Edge/Créateurs de l'Imprévu* (Nouvelles de Danse 32/33, Contredanse, 1997 & 2008).

Agnès taught in the Program of Dance and Movement at the University of Rochester, NY, (2000-2006). She moved to Berlin in 2007 and initiated *Books on the Move*, a traveling bookstore specialised in dance and performance studies. Since 2013, *Books on the Move* has migrated to France. Within this project, and in collaboration with journalist Stéphanie Pichon, she initiates different types of workshops and events where reading, dance and dialogues are addressed simultaneously. Since more than 20 years she has also been developing a multidisciplinary and experimental course around language learning and movement.



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[BOOKS ON THE MOVE](#)
[ON THE EDGE / CRÉATURES DE L'IMPRÉVU](#)
[MOVING WORDS IN SPACE](#)

DETAILED PROGRAM

FRIDAY, MAY 1ST 2026

11AM : presentation of the workshop, trainers and participants
11:30AM - 1PM : bodily and vocal availability
2:30PM - 5:15PM : collective improvisation workshop
5:15PM - 5:30PM : break
5:30PM - 6:30PM : Feldenkrais session on breathing movement

SATURDAY, MAY 2ND 2026

9:30AM - 10:15AM : Feldenkrais session on the resonance of the voice in the body
10:15AM - 11:15AM : Authentic movement
11:15AM - 11:30AM : break
11:30AM - 12:30PM : collective improvisation workshop
2PM - 2:30PM : reading nap time (books on improvisation)
2:30PM - 4:30PM : improvisation workshop: from solo to tutti
4:30PM - 5PM : day's review: inventory of practices, discussion on the explored teaching methods

SUNDAY, MAY 3RD 2026

9:30AM - 10:15AM : Feldenkrais session on articulation (mobility of the jaw, tongue and lips)
10:15AM - 11:15AM : Authentic movement
11:15AM - 11:30AM : break
11:30AM - 12:30PM : collective improvisation workshop
2PM - 2:30PM : anatomy of the voice
2:30PM - 4:30PM : collective improvisation workshop
4:30PM - 5PM : workshop review and self-evaluation

CONTACTS

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La certification qualité a été délivrée au titre de la loi des

The quality certification has been awarded under the following action category: TRAINING ACTIONS

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