

## **Romana Agnel (Cracovia Danza): MUSIC AND MOVEMENT**

### **Renaissance-Dances TODAY**

### **PAVANE AND GAGLIARDE**



### **History**

Based on the text of Thoinot Arbeau's treatise Orchesographie of 1589 on Renaissance dances, it is possible today to develop teaching methods using their specific elements. The early forms of dance, inseparable from music, have their own specificity and are a source of knowledge about human behavior in our society. Although these forms functioned in the 16th century, their content is still extremely relevant and very useful to us.

### **Specific Dances**

Selected dances such as: Pavane, Galliard, and Branle de la Torche are now becoming a new field of study and a unique educational offer. Our task is to show selected dance forms in their original version (dancers of Balet Cracovia Danza wear Renaissance costumes), which incorporates important elements included in our educational form and to provide a practical experience to the workshop participants.

## **Pavane**

Pavane is described in the treatise as a dance of presentation, full of dignity and grace, which teaches calmness, composure, courtesy and respect for others. My suggestion is to use Pavane as a dance that helps us to learn the space in which we move and which surrounds us. Through the lines drawn by the Pavane layout (horizontal, vertical, diagonal, circular), we learn the rules of being in the society.

## **Keywords**

While dancing the Pavane:

1. We consciously **define our space** by moving along the marked lines and thanks to this knowledge we feel safe in the space.
2. We **meet others** and we can share our space with someone.
3. We **pay attention** to the person we meet and learn to respect their personal space.
4. We learn to adapt to our partner and **interact together**.





## **Gagliarde**

The second dance described by Arbeau is Galliard. It is a leaping dance, which is cheerful, energetic and full of vitality. Galliard is a dance of improvisation, which allows its own inventiveness, creativity, dialogue in movement with the partner and others.

## **Keywords**

Dancing Galliard you can express:

1. **Joy, contentment, happiness**, feelings related to the primal behavior of the people who dance to express their emotions.
2. **Freedom and connection with nature.**
3. How to communicate with others through movement, learning to listen to others, to understand them, to **establish a dialogue** with them.