



**Xing**  
calls to participate

**Thursday 25 + Friday 26 September 2025 3.30 pm > 5 pm**

**CLAUDIA TRIOZZI**

***Uncomfortable but true.***

***Seniors, come practice adapted gymnastics with Claudia!***

adapted gymnastic for over60s / research workshop

**DOM la cupola del Pilastro**

Via Panzini 1/1 – Bologna

in the frame of *GINNASIO#3 arte performativa nei luoghi dello sport*

in collaboration with Laminarie/DOM

**Thursday 25 and Friday 26 September 2025**, from 3.30 pm to 5 pm, **Xing** in collaboration with **Laminarie/DOM** invites to participate in the research workshop for every person 60+ **Scomodo ma vero. Seniors, venite a praticare la ginnastica adattata con Claudia!** (*Uncomfortable but true. Seniors, come practice adapted gymnastics with Claudia!*) led by dancer, choreographer, performer, and visual artist **Claudia Triozzi**. The workshop will be held at **DOM la cupola del Pilastro**, in **Bologna**, as part of the event **GINNASIO#3 performance art in sports venues**. The 2-day meetings will serve as a platform for exploration towards a performance by Triozzi & guests that will be presented in November 2025.

With ***Uncomfortable but true. Seniors, come practice adapted gymnastics with Claudia!***, Triozzi offers to the participants an experience which pursues the "transmission through the body" approach that she has been exploring since 2011. In collaboration with an open group of **elderly people**, gathered for two days at DOM, she will develop a choreographic performative language in which virtuosity and endurance give way to the **potential** of these bodies, for whom there is a big gap between themselves and the stage.

The workshop aims at expanding the perception of space and movement, **despite the physical limitations of age**. Through everyday gestures, adapted movement exercises, and simple objects, the choreographer develops a performative language open to listening to the body and its fragile presence. Strengthening muscles, mobility, and balance, reflecting on physical and sonic space (including forgetfulness, repetition, echolalia, etc.) to revive "the possible". Triozzi creates moments of creative sharing, where personal expression translates into gesture, voice, and memory. Each participant projects the role of **life experiences** into their creation. Together, they enable her to explore the numerous possibilities of bringing to the stage "**traversed bodies**", which are not limited by age or the artifices of theatricality.

*Uncomfortable but true* provides a platform for exploration and a dramaturgy of gesture, **where each participant can find a specific expression according to their age**. The experiences in Bologna will converge into the visual and audio performance ***Per niente, ma in senso buono*** (*Not at All, but in a Good Way*), which Xing and DOM will present on **Thursday 13 November** at the Palestra Saffi in Bologna, and into ***Radio Claudia***, a radio podcast produced by Xing in collaboration with Neu Radio.

**Claudia Triozzi** is an Italian dancer choreographer, performer and visual artist, living in France since 1985. She has performed for the choreographers Odile Duboc, Georges Appaix, François Verret, and collaborated with Alain Buffard and Vera Mantero among others. Since her first solos she created iconoclastic pieces from which dance never comes out unscathed. Triozzi always sets herself the task of putting preconceived ideas one might have regarding choreographic pieces into question. Her research reflects in social terms on the body's ability, and on embodying know-how or a skill of some sort. In doing so, Triozzi continually brings into question the contours and meanings that an individual's artistic activity can have. From piece to piece, from exhibition space to theatre stage, she pushes the limits of the body and the spaces of visibility reserved for the dancer. Since 2002 she has also been exploring vocal work, writing texts and songs, developing sound qualities and a vocabulary of noises albeit lyrical, in which the voice draws inspiration from the cinema, the theatre and radio. Her works have been presented in Europe, United States, Korea and Japan. Following an invitation from the Musée de la Danse in Rennes, she led the long-term performative project *Pour une thèse vivante* for 10 years, in which she brought on stage her own experiences of art and life, and her reflections on artistic writing. Among her most iconic shows, in addition to the various performances linked to *For a Living Thesis* (2011>2019), are *Habiter pour Créer* (2017), *Comparses* (2015), *Avanti Tutta - 30 ans dans un an et tant pis pour ceux qui sont fatigués* (2014), *Boomerang* (2013), *Ni vu ni connu* (2010), *Up to date* (2007), *Opera's Shadows* (2005), *Stand* (2004), *The Family Tree* (2002), *Dolled Up* (2000).

[www.claudiatriozi.art](http://www.claudiatriozi.art)

**Claudia Triozzi**

***Scomodo ma vero***

***Seniors, venite a praticare la ginnastica adattata con Claudia!***

concept and direction Claudia Triozzi

sound recordings Pasquale Savignano

production Xing - Bologna

in collaboration with Laminarie/DOM la cupola del Pilastro - Bologna

thanks to Circolo La Fattoria - Group dance course led by Anna Maria Catania

XING

Via Ca' Selvatica 4/d - 40123 Bologna

[www.xing.it](http://www.xing.it) [info@xing.it](mailto:info@xing.it)

**GINNASIO performance art in sports venues** (3rd edition, 21–30 September 2025, Bologna) is a project curated by Laminarie/DOM la cupola del Pilastro, which reaffirms its mission to connect theatre with local residents, and artists with creative spaces. This project involves cultural activities that engage with spaces typically used for sports, temporarily transforming their intended use. The 2025 edition takes place in Bologna at Simone Weil Park, DOM, Saffi schools, and other nearby sports venues in the Pilastro district.

**Xing** is a cultural organization based in Bologna, Italy, operating with the purpose of planning, supporting and promoting products and events characterized by an interdisciplinary approach toward the issues of contemporary culture.

Partners: Regione Emilia-Romagna, Comune di Bologna, Laminarie/DOM la cupola del Pilastro. Media Partners: Edizioni Zero, ATPdiary, NEU Radio.

**Info & registrations**

DOM tel +39.051.6242161 info@laminarie.it info@xing.it  
[https://www.xing.it/event/558/scomodo\\_ma\\_vero](https://www.xing.it/event/558/scomodo_ma_vero)  
<https://laminarie.com/ginnasio-arte-performativa-nei-luoghi-dello-sport-3/>

**Free participation**

Please come to the appointments in comfortable clothing and shoes.

**Xing**

via Ca' Selvatica 4/d – Bologna - Italy  
[www.xing.it](http://www.xing.it)  
[www.instagram.com/xing.it](http://www.instagram.com/xing.it) [www.facebook.com/xing.it](http://www.facebook.com/xing.it)

**DOM la cupola del Pilastro**

Via Panzini 1/1 – Bologna - Italy  
<http://laminarie.com/domlacupoladelpilastro/>  
<https://www.instagram.com/laminariedom/> <https://www.facebook.com/laminarie>

**Press kit**

[https://www.dropbox.com/scl/fo/3vzovbjnqdgmw79ulqbck/AELWNrqLjqNZfRbzyLN\\_7dQ?rlkey=ydaujm83rlw2g1jgpuch\\_suvry&dl=0](https://www.dropbox.com/scl/fo/3vzovbjnqdgmw79ulqbck/AELWNrqLjqNZfRbzyLN_7dQ?rlkey=ydaujm83rlw2g1jgpuch_suvry&dl=0)

**Xing press**

mob +39.339.1503608  
[press@xing.it](mailto:press@xing.it)