



FRIDA 5.0

SUBLIMATE THE PAIN
AND TRANSFORM IT
IN ART AND LEGEND

SYNOPSIS

Frida 5.0 is a poetic, dramatic and visual dance-theater work aimed at young and adult audiences that reflects on the resilience and empowerment of a woman artist from the early 20th century.

After the tragic accident while riding a tram, her body was completely destroyed and her life changed completely. Frida, joyful and enthusiastic, became a woman who spent hours alone bedridden, feeling like a prisoner of the corset she was wearing so that her bones would recover. From that moment, her life will be painful and difficult and she will have to resort to painting as a means of survival.

For the young public, Frida will be an example, a figure, a reference and a model of self-improvement with an impressive capacity for resilience. After all, her life allows us to draw a parallel with the times we live in, in which the whole of society, and particularly the youth, has had to develop a capacity to adapt to an adverse situation such as a pandemic, in order to continue Seeing the light and hope at the end of the tunnel.



ARTISTIC SHEET

CREATION AND DIRECTION Marie Tholon

EXTERNAL LOOK ASSISTANT Catalina Carrasco

CHOREOGRAPHY Marie Tholon and performers

PERFORMERS Marie Tholon, Adriana Aguilar, Míriam Félix

LIGHTING Sonia Pachon / Acústic Menorca

AUDIOVISUALS Namurivisión, Mani Pérez

COSTUME Emilia Repetto / the Cave Vint

PROPS Christian Jean-Mairet Soler

PHOTOGRAPHY Picstarfoto / Klaus Hoffmann

PAINTING David Monrós, Andrea Btoy

DATA SHEET

GENRE dance-theater with live music and singing

PUBLIC from 11 years

NO TEXT

DURATION 40 min approx.

SPACE Living room

ASSEMBLY TIME 6 hours / DISASSEMBLY TIME 1 hour

MINIMUM STAGE SPACE 6x4x4

TECHNICAL REQUIREMENT ROOM Video projector (if possible), linoleum or wooden stage



"The most powerful art in life is to turn pain into a talisman that heals, a butterfly that is reborn in bloom in a party of colors."

DI-ART

di-ART is a multidisciplinary and sustainable company, based in Menorca, that unites professional artists from different disciplines of the arts (dance, clown, theater, singing and music) creating and producing theatrical works and stage materials from the interweaving of ideas and styles, looking for new dramaturgies and transmitting educational, social and environmental values.

Since 2022 we have been the resident company of the Albert Camus room thanks to the support of the Department of Culture of the Sant Lluís City Council, which has always been committed to our projects and has helped us to professionalize and project ourselves since the company was born.

di-ART is a conscious company that contributes, through its productions and way of doing things, to the protection of the territory through social cohesion and economic development around us.

We firmly believe in culture as a channel for disseminating sustainability, always thinking of transmitting the values of responsibility with the environment and respect for biodiversity.

Marie Tholon (Nancy, France, 1981)



She studied dance in France, Guadeloupe (Caribbean), Senegal and Sweden. She practiced various techniques specializing in contemporary dance, improvisation and East African ballet, performing with different dance companies in France and Senegal. He studied the dances of the national ballet in Bamako and in Dakar, obtaining a Master's Degree in Theory and Practice of the Arts. At the same time, he taught at dance schools, as well as at the University of Nice (France) between 2006 and 2009 and obtained a Doctorate in Art specializing in Dance. She established herself in Menorca in 2010, developing her professional activity in the dance school of the Sant Lluís Municipal School of Artistic Education, with the DIÀLEGS D'ART collective and the DESENCAIXADES company.

Adriana Aguilar (Barcelona, Spain, 1978)

He studied musical theater at the MEMORY and COCO COMIN schools in Barcelona, combining it with various clown courses. Graduated in lyrical singing at the Conservatory of Music and Dance of Menorca. On the island he founded the children's entertainment show XINXETA Y TICO, the ethnic music group GAIAMÁ, the duo TOCATS DE L'ALA i DOS-I-FICATS, the company CHACHAS SIN FRONTERAS, the company TEATRE DE XOC, LA RESISTENCIA and DIÀLEGS D'ART. She has collaborated as an actress, dancer, presenter and has done the artistic direction in different theater projects in the Balearic Islands.



Míriam Félix, (Mahón, Spain, 1987)

Graduated from the Escuela Superior de Música de Catalunya (ESMUC) in 2009, Míriam is a cellist and composer specialized in improvisation and modern music. He has performed, composed and recorded with the most watched music programs on television (Tu cara me suena, Operación triunfo, Número uno, La Marató de tv3, etc.) and for the most recognized groups, producers and artists in the country, performing around Europe and in the United States. She is versatile, daring and with a great capacity for adaptation, described by the press as a virtual cellist.

Currently, she alternates her musical activity with her role as project manager and artistic director of events, promotion and creation of multidisciplinary shows with her own production company LaChelo production S.L. addavia.com





Resilience : ability to overcome traumatic circumstances such as the death of a loved one, an accident...





"Fall in love with yourself, with life and then with whoever you want."

ALLIANCES





DI-ART

CIA. RESIDENT

SALA ALBERT CAMUS

CONTACT

Marie 691 09 69 89

www.diartcia.com

diartcia@gmail.com

fbook&insta : diartcia