

# LICA

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Laboratorio Internazionale di **Creatività Artistica**  
Artistic Creativity International Lab

## POETRY

### BIODANZA AND POETRY WORKSHOP

with **Francesco Binfaré, Laura Liberale, Silvia Signorelli**

Milan, 4/5/6 March 2022

#### BIODANZA - EXISTENTIAL AND ARTISTIC CREATIVITY

"The creative function is a native impulse for expressing our overabundance.

We need humility to abandon ourselves to our multiple options  
and place us within in serenity and action"

Rolando Toro Araneda

#### POETRY

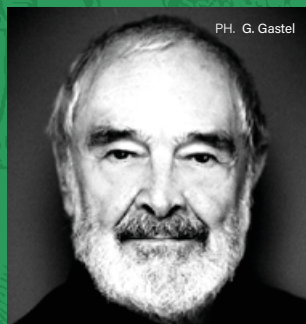
Energetic forms of the unconscious: a workshop journey into poetry through the light and shadow aspects of the twelve existential archetypes of the innocent, orphan, seeker, lover, warrior, guardian angel, destroyer, creator, ruler, magician, sage and fool.

**PARTECIPANTS:** the workshop is open to all  
**VENUE:** Tana dei Dragoni, via Savona 1/a, Milano

silvia.signorelli44@gmail.com • +39 3475325819  
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## Francesco Binfaré

author of LICA. Biodanza didatta, member of the teaching board of the Antwerp School of Biodanza. Artist and designer, he designs sculpture sofas for Edra. His Africa table is part of the FNAC collection in Paris. He was artistic director of Cassina and head of the Cesare Cassina Research Centre where he experimented with collective creativity. His long experience in the field of creativity has led him to delve into the processes of the growth of creative identity and openness towards the other. In 2018 Electa published Christine Colin's book *The journey of Francesco Binfaré*.



PH. G. Gastel



**Laura Liberale** writer, Tanatologist and Indologist. Teacher at the master course Death Studies and the end of life at Padua University she is a lecturer in the Master in Death & the End of Life Studies (University of Padua), and holds training courses in philosophy and the Medical Humanities. She has won awards in various poetry and narrative prizes. Her texts have been published in magazines and anthologies. She has published the books: *Tanatoparty* (Meridiano Zero, 2009), *Madrefero* (Perdisa Pop, 2012), *Planctus* (Meridiano Zero, 2014); the poetry collections *Sari - poesie per la figlia* (d'If, 2009), *Ballabile terreo* (d'If, 2011), *La disponibilità della nostra carne* (Oèdipus, 2017); *Unità stratigrafiche* (Arcipelago Itaca, 2020); the Indological essays *I mille nomi di Gaṅgā* (Edizioni dell'Orso, 2003), *I Devīnāmastotra hindū - Gli inni purāṇici dei nomi della Dea* (Edizioni dell'Orso, 2007), *I nomi di Śiva* (Cleup, 2018). She is among the authors of *Nuovi poeti italiani 6* (Einaudi, 2012).

## Silvia Signorelli

author and coordinator of LICA. Biodanza didatta, coordinator of the Antwerp Biodanza School, president of AIPOB. Professional Counselor, she is responsible for the student counselling service at NABA in Milano. Poet, she published her first volume of poetry entitled *La tua voce sonora / Tu voz sonora* in 2009, and is currently editing her second poetry publication. Passionate investigator of the connections between Biodanza, artistic expression and Counseling.



PH. G. Gastel