



VIRGINIA POLI

CHOREOGRAPHER & PERFORMER



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ABOUT ME



Virginia is an Italian dancer, performer, choreographer and teacher based in South East London.

She is the co-founder of VI.SA. Dance Project, a female led collective that creates physical theatre works exploring themes about identity, resistance, belonging and integration. VI.SA. received the DYCP grant from Art Council England in 2022 and it has been supported by GAI-Giovani Artisti Italiani, London Performance Studios, Centre 151, TripSpace, Trinity Laban, HOME-Centro coreografico and the Dance Gallery.

During her studies at Trinity Laban Virginia received recognition for choreographing “The five components” (2018), a piece about personality and body language, created with three dancers and two non-professional dancers; “Rudimentary” (2017) a duet exploring the two contrasting, intertwined forces of the Apollonian and the Dionysian, inspired by the work “The Birth of Tragedy”- Nietzsche and “Three thousands realms in a single moment of life” (2019), a solo work investigating the concept of extreme in relation to loss and grief.

As part of VI.SA., she choreographed “(R)esistentia”, a duet that explores the concept of resistance through the body and takes inspiration from the Italian Resistance against Fascism as a paradigm of what it means to resist and exist as female artists in the post Brexit scenario.

As a creator, Virginia is interested in looking at the body as a tool for political investigation that can unravel individual and collective stories. Her work is both political and subversive, often delving into existential themes such as mortality, resilience, and the intricacies of the human psyche. Inspired by philosophical concepts, she translates them into a bold, thought-provocative physical expression.



SHOGYO MUJO

The title is a Japanese Buddhist term that refers to the ephemeral aspect of reality and it means “the transience of all phenomena”.

The piece is an immersive solo work performed and created by Virginia Poli. Through movement, the work delves into the exploration of the inherent cycle of life and death that permeates our everyday existence. Drawing from the artist's personal experiences of grappling with grief and a desire to confront mortality, death, and loss, the research delves into the universal human experience of constant transformation and flux. Just as nothing remains static, we all navigate the repeated cycles of formation, continuance, dissolution and renewal.

In this exploration, the body is seen as both a vessel for tangible materiality and a conduit for ephemeral experiences, embodying both presence and impermanence.

Inspired by visual artist Bill Viola, water emerges as a central element in the work, symbolising fluidity, change, and the ever-shifting nature of reality.

The artist aims to further explore these concepts using improvisation and physical theatre methods to develop a clear physicality and dramaturgy. The artist will research the idea of creating pathways in space, with a particular emphasis on the meaning of ends, beginnings, loops, cycles and repetitions.



“Our physical bodies are composed of many millions of cells that are constantly dying and being replaced. Our mind, too, changes as various emotions, thoughts occur. As time flows by, we continually repeat the cycle of life, death and rebirth. The constantly changing circumstances of our bodies and minds are considered to be the inherent workings of a fundamentally unchanging reality.”

Ikeda, D. (p. 112, 2010). *Unlocking the mystery of birth and death...and everything in between*. England, London: Eternal Ganges.





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