

María Roja

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Academic background

2014-act. PhD in Artistic Creation and Research in Contemporary Art. University of Vigo
2013-2014 MA in Performing Arts. University of Vigo
2006-2010 BA in Performing Arts ESAD of Galicia
2005-2006 C.A.P. (Pedagogical Aptitude Course). University of Vigo
2000-2005 BA in Fine Arts. University of Vigo

Exhibitions and festivals

2023
Solidariedade cxs nen@s de Palestina. Virtual exhibition
Noche de performance DE GALA. Pensión Cultural Milán, Montevideo, Uruguay
Goa Moving Images Festival. Felix, Anjuna, India
Tensión/Presente. Culturgal. Pazo da Cultura, Pontevedra
15°AVD: Memory, Grief and Resilience. CMPR, Bogotá, Colombia
Escenas do cambio. Cidade da Cultura, Santiago de Compostela
BrevEscénica. Town Hall, Baiona, Pontevedra
Pillara. Municipal School of Music and Dance and streets of the city centre, Ribadeo
8M. A nosa voz, o noso espazo, os nosos dereitos. Streets of the city and the Deputación of Pontevedra Headquarter, Vigo
III Festival Internacional de Performances Mínimas (Rur)Urbanas en Vídeo “Cuerpo (Rur)Urbano en acción”. Faculty of Fine Arts, UGR, Granada / Tocar la tierra. Centro Carmen Jiménez, La Zúbia, Granada / IMD. Centro José Guerrero, Granada / VIII MIAU: Museo Inacabado de Arte Urbano. Church Square, Fanzara, Castellón / Territorios de cambio. Fundación Barceló, Palma de Mallorca

2022
III Festival Internacional de Performances Mínimas (Rur)Urbanas en Vídeo “Cuerpo (Rur)Urbano en acción”. Landscape and Sustainability: Listening to Diversity. Matadero, Madrid / Sala Rekalde, Bilbao / I Sonic Seminar. CC Las Cigarreras, Alicante / Mirá como suena: Sound art group show. Museum of Contemporary Art UNL, Santa Fe, Argentina / 222Lodge, Dordrecht, Países Baixos / Jardim Aberto. Rural area, Porto Alegre, Brasil / Duncan of Jordanstone College of Art & Design, University of Dundee, Escocia / RURAL//URBANO. Montanejos Town Hall Exhibition Hall, Castellón / Corredor 14, Pelotas, Rio Grande do Sul, Brasil / mínimas. El sótano analógico, Las Palmas de Gran Canaria
MEXER. II Cycle of Performance. MIHL, Lugo
[DA] Terra Semente [DÁ] Semente Terra. Pazo de Tor Museum, Tor, Monforte de Lemos, Lugo
Laboratorio Ingrávida. Wrecking yard Petelos, Mos, Pontevedra
USCénica. Auditorium of the University, Santiago de Compostela
De Corpos Presentes. NORMAL Espazo de intervención cultural, A Coruña
This is not a Velpister concert. Sala Kominsky, Vigo
Festival Internacional de Performances Mínimas en Vídeo “Cuerpo urbano en acción”. Faculty of Fine Arts, Altea / 42nd Anniversary of the Faculty of Visual Arts. Autonomous University of Nuevo León, Monterrey, México / Accion Spring(t). Faculty of Fine Arts UCM, Madrid / Gran final. Fantastik Lab, Valencia

2021
20X30X30. Culturgal. Pazo da Cultura, Pontevedra
6 artistas. 12 escaparates. Shop windows, Santiago de Compostela
BINNAR. Fundação Cupertino de Miranda, Vila Nova de Famalicão, Portugal
Festival of Social Innovation: Ares Innova 2021. Constitution Square, Ares, A Coruña
BA¡ESCÉN!CA: Teatro nas paredes. Town Hall and V Centenario Auditorium, Baiona, Pontevedra
Corpo(a)Terra. 11th Festival of Dance and Movement Arts. Urban space, Gondomar, Pontevedra
Psychopicnic II. Valiño Park, Vilasobroso, Pontevedra
Psychopicnic. Valiño Park, Vilasobroso, Pontevedra
Estar em casa con Adília Lopes. Cinemateca Portuguesa - Museu do Cinema, Lisboa
Escenas do cambio. Cidade da Cultura, Santiago de Compostela

- Oximorro. Virtual exhibition. Sala Límites, Vigo
 II Internacional Festival of Minimal Urban (Confined) Performances in Video "(Not)Urban Body in Action". International Short Film Festival. Radio City, Valencia / Centro José Guerrero, Granada / Mostra Viva Mediterrani. Centre Octubre Cultura Contemporania, Valencia / VI FUGAS E INTERFERENCIAS. International Performance Art Conference. CGAC, Santiago de Compostela / BAGI! Bilbao Arte Gela Irekia: Corren malos tiempos para los cuerpos. BilbaoArte, Bilbao / Art House Zinema Hall, BilbaoArte, Bilbao / Medialab UGR, Granada / Galeria Espaço Incomun - FURG, Rio Grande, Brasil / Urban centre, CDMX, México
- 2020
 Culturalgal. Pazo da Cultura, Pontevedra
 II Internacional Festival of Minimal Urban (Confined) Performances in Video "(Not)Urban Body in Action". Pictura Teekengenootschap, Dordrecht, Países Baixos / Art House Zinema Hall, BilbaoArte, Bilbao / UFFS, Erechim, Brasil / Atelier Silex, Trois Rivières, Canadá / Bronze, Porto Alegre, Brasil
 Play-Doc Festival. Municipal Theatre, Tui, Pontevedra
 PLATAFORMA. Performing Arts Festival. DIDAC Foundation, Santiago de Compostela
 Apóstolo 2020. Bonaval Park, Santiago de Compostela
 Re-Acción nos Castelos. Sobroso Castle, Vilasobroso, Pontevedra
 USCénica. Roberto Vidal Bolaño Theatre, Santiago de Compostela
 escapARTE Fest. Online, Vivalugo Networks
 Internacional Festival of Minimal Urban Performances in Video "Urban Body in Action". Accion Spring(t). Faculty of Fine Arts UCM, Madrid / Faculty of Fine Arts, Altea, Alicante / Historic Centre, CDMX, México
 Xoves de Moda. Casa do Saber, Lugo
- 2019
 Internacional Festival of Minimal Urban Performances in Video "Urban Body in Action". Faculty of Fine Arts, Granada / Cuerpo a cuerpo. La Regenta Art Centre, Las Palmas de Gran Canaria / Seminário Internacional Convergências. Instituto Goethe, Porto Alegre, Brasil / Cuerpo, Cultura, Identidad. Cultural Centre La Corrala, Madrid / IV FRESTA. Instituto de Letras e Artes, UFRG, Brasil / II Festival Cultura de Fronteira. UFFS. Erechim, Rio Grande do Sul, Brasil / Willem de Kooning Academy, Rotterdam, Países Baixos / PiPe Pictura Performance Festival. Pictura Teekengenootschap, Dordrecht, Países Baixos / II CIAPI. Faculty of Fine Arts, Murcia / IV FUGAS E INTERFERENCIAS. International Performance Art Conference. Casa das Campás, Pontevedra - CGAC, Santiago de Compostela / Festival Residències Artístiques. La Base de la Marina, València / University of Madeira, Madeira Island, Portugal / Biblioteca Popular, CDMX, México
 Ana María, estuve pensando a pesar mío. Faculty of Fine Arts, Pontevedra
 A la mà, la memòria. Fundació Joan Miró, Barcelona
- 2018
 A Marabunta. Colón Theatre, A Coruña
 Oasis Paraíso. TRCDanza. Rosalía de Castro Theatre, A Coruña
 III 85C Festival. MARCO, Vigo
- 2017
 FUGAS E INTERFERENCIAS. II International Performance Art Conference. CGAC, Santiago de Compostela
 Artists Meeting #residenciasparaiso. Luis Seoane Foundation, A Coruña
 IX Xornada Estatal de Psicoloxía contra a Violencia de Xénero. Abanca Auditorium, Santiago
 Assamblé. Professional Conservatory of Dance, A Coruña
 Mulleres en acción: violencia zero. Praza das Palmeiras, Caldas de Reis
 CulturaLab de primavera. Roman Wall, Lugo
 A pé de rúa. Monumental zone, Pontevedra
 VIDEOsPAIN: ITINERANCIAS TRANSVISUALES. Fadjr International Visual Arts Festival, Niavarán Cultural Center, Tehrán, Irán / International Festival of Video Art of Camagüey FIVAC, Pixel Gallery, CEDINM, Camagüey, Cuba
 Pano. Social Center, Mondariz
 Escenas do cambio. Centro Gaiás Museum, Santiago de Compostela
- 2016
 2419CVZ . Mostra de proceso. Faculty of Fine Arts, Pontevedra
 Erregueté. Presentation of Revista Galega de Teatro. Ártika, Vigo
 II Encontro Mulleres Creando. FITO. Municipal Auditorium, Ourense
 Experimenta 10+1. Marcos Valcárcel Cultural Centre, Ourense
 Magical Girls. Women and the Art of Action Day. Casa das Artes, Vigo
 Los Veranos de la Villa. Nave-Teatro Daoiz y Velarde, Madrid
 XXXII MIT. Madalena Church, Ribadavia, Ourense

- XXXIII MITCFC. Municipal Auditorium, Cangas, Pontevedra
 V Encuentro de artes vivas y efímeras 'Sin Nombre'. MATSU, Madrid
 SOMOS SOLO UNO. Centro de Arte Contemporáneo, Quito, Ecuador
 VIDEOsPAIN: ITINERANCIAS TRANSVISUALES. Centro Cultural de España, México DF / Centro Cultural de España, Santo Domingo / International Image Festival. 8 de Junio Theatre, Manizales, Colombia / ADAF Athens Digital Arts Festival. Building Complex Gate Ermou, Atenas, Grecia / Umjetnička galerija BiH, Sarajevo, Bosnia and Herzegovina
 PRESENTE Continuo. Performance Cycle No 9. Hipo, Córdoba, Argentina
 Ciclo de Solos. Artes vivas e acción contemporánea. Teatro Principal, Santiago
 IV Anniversary Croa Magazine. Charenton Club Cultura, Vigo
 II Book Fair. Municipal Auditorium, Nigrán
 ALT Alternative Performing Arts Festival. Municipal Auditorium, Vigo
 Cuarto Público. RAC Foundation, Pontevedra
 Proxectos inacabados, 25 anos. Unha Facultade na maleta. Fac. Fine Arts, Porto, Portugal
- 2015
 De lo natural a lo humano 2.0. Iskoö Gallery, Lugo
 Tangram. De bruxas e bolboretas. Casa das Campás, Pontevedra
 Mulleres artistas. La Peregrina Square, Pontevedra
 XXX AEP National Meeting. Galicia Palace, Pontevedra
 FITO. Former Chapel of the University Campus, Ourense
 VIDEOsPAIN: ITINERANCIAS TRANSVISUALES. Manuel de Falla Hall, Madrid / CCE, Lima, Perú / XII Biennial of Medial Arts. Museum of Contemporary Art, Santiago de Chile / MODULAR+ Festival. MIN, Tegucigalpa, Honduras
 Dança em foco. Castelinho do Flamengo, Rio de Janeiro, Brasil
 International Video Dance Show. Casa de la Cultura, Iquique, Chile
 Artistas na rúa. A Ferrería Square, Pontevedra
- 2014
 CENIT. TNT Centre, Sevilla
 Danzalborde. Sala UPLA, Valparaíso, Chile
 The eclipse. La Caja Gallery, Vigo
 WOS INC. CGAC, Santiago de Compostela
 No tengo mamá. Detrás do Marco, Vigo
 III Liceo Mutante Anniversary. Liceo Mutante, Pontevedra
 IV Corpo(a)terra. San Roque Square, Ourense
 6 Sons Creativos. Casa do Saber, Lugo
 O Mercado da Arte. La Caja Gallery. Market square O Calvario, Vigo
 De lo natural a lo humano. Iskoö Gallery, Lugo
 25 años AECID. CFCE, Cartagena de Indias, Colombia
 VIDEOsPAIN. Hong-Gah Museum, Taipei, Taiwan
 O porco é un tesouro. A Fonsagrada Museum, Lugo
- 2013
 MADATAC. Palacio de Cibeles CentroCentro, Madrid
 FIVU. LABLT San Salvador, Montevideo, Uruguay
 Artropocode. University Church, Santiago de Compostela
 III Corpo (a) terra. Urban space, Ourense
 FAC Express Proxeccións Insolubles. FAC Peregrina, Santiago de Compostela
 Opening Extramuros. EXTRAMUROS Space for artistic collisions, A Coruña
 Grito Rock. LAB Alg-a, Valadares, Vigo
- 2012
 IX Action Art Conference Chámalle X. Sala X, Faculty of Fine Arts, Pontevedra
 FITO. Edificio de Ferro, Ourense
 29 MITCFC. Hospital Chapel, Cangas, Pontevedra
 4 Sons Creativos. Casa do Saber, Lugo
 V Meeting of scenic creation processes. MARCO, Vigo
 NÓSOMOSÒN. NORMAL, A Coruña
 San Dezasete. LAB Alg-a, Valadares, Vigo
- 2011
 XX A Pipa Poetic Night. Casa da Cultura, Becerreá, Lugo
 VIII Action Art Conference Chámalle X. Sala X, Faculty of Fine Arts, Pontevedra
 The patient cannot read. Ensalle Theatre, Vigo
 I Vigo en Bruto Show. Ensalle Theatre, Vigo
 III International Festival of Experimental and Action Poetry. Verbum Museum, Vigo
 II Meeting of scenic creation processes. Sala Nasa, Santiago de Compostela

- II Vasos Comunicantes. Transatlantic Dock, Vigo
- 2010 27th Painting Competition. Municipal Library of Cambre, A Coruña
- 2008 Gzcrea Galician Festival of New Creators. Casa da Parra, Santiago de Compostela
XXV Cambre Painting Contest. Municipal Library of Cambre, A Coruña
- 2007 XXIV Cambre Painting Competition. Municipal Library of Cambre, A Coruña
Novos Valores. Provincial Museum, Pontevedra
Arte no Morrazo. Auditorium, Cangas, Pontevedra
Gzcrea Galician Festival of New Creators. Caixanova Social Centre, Pontevedra
Every day life art. MUSAC, León
- 2006 V Plastic Arts Contest Deputación de Ourense. County Council Cultural Centre of Ourense
Novos Valores. Provincial Museum, Pontevedra
- 2005 Collective exhibition of young artists. AD HOC Gallery, Vigo
Introvercións. Municipal Cultural Centre of O Porriño, Pontevedra
III Lucus Augusti Competition. Uxío Novoneyra Sociocultural Centre, Lugo
- 2004 Sin Tiempo. Faculty of Fine Arts, Pontevedra
- 2003 Action Art Conference Chámalle X. Monumental Zone, Pontevedra

Awards and recognitions

- 2023 María Casares Award for Best Secondary Actress
- 2018 Nominated for the María Casares Award for Best Leading Actress
- 2017 María Casares Award for Best Secondary Actress
- 2014 Academic Excellence Award. University of Vigo
- 2007 XXIV Cambre Painting Competition. Honourable Mention
- 2006 Gzcrea Galician Festival of New Creators. 3rd Prize for Plastic Arts
- 2005 III Lucus Augusti Competition. 1st Prize Photography, Second Prize Painting

Scholarships and residencies

- 2023 A Casa Vella Residence. Amiadozo, Allariz
- 2022 CRUCES: Network of Scenic Exchange Stays. Camino Escena Norte. Enclave Pronillo (Santander), Las Escuelas Theatre (Orejo)
[DA] Terra Semente [DÁ] Semente Terra. Artistic co-creation residencies with the community and the rural environment. Pazo de Tor Museum, Tor, Monforte de Lemos, Lugo
- 2021 Desfoga Residence. Cambados, Pontevedra - Nigredo Space, Madrid
- 2017 Paraíso Residence. Rosalía de Castro Theatre, A Coruña
- 2014 Pre-doctoral Grant. Faculty of Fine Arts, Pontevedra - University of Vigo
- 2013 Artropocode Summer of Labs. Artistic intersections between body(s), technology(ies) and ecology(s). Baleiro Lab, Santiago de Compostela
- 2011 I Vigo en Bruto Residence. Ensalle Theatre, Vigo
- 2005 "Friends of ARCO" Grant. III International Forum of Contemporary Art Experts. IFEMA, Madrid

Works in collections

Lugo City Council
Xunta de Galicia

Catalogs /group shows

- 2022 Cuerpo (No)Urbano en Acción: Festival Internacional de Performances Mínimas Urbanas (confinadas) en Vídeo
Urban Action Editions. Valencia
- 2019 Cuerpo Urbano en Acción: Iª Edición Festival Internacional de Performances Mínimas Urbanas en Vídeo

- Urban Action Editions. Valencia
- 2016 **MULLERES EN ACCIÓN: violencia zero**
Deputación de Pontevedra. Pontevedra
Magical Girls. Novas narrativas da muller vernácula
Servizo de Museos Municipais do Concello de Vigo. Vigo
Proxectos inacabados, 25 anos. Unha facultade na maleta
Universidade de Vigo. Vigo
- 2015 **Contemporary Performance Almanac 2015**
Contemporary Performance. New York
VIDEOsPAIN: Itinerancias transvisuales
AECID. Dirección de Relaciones Culturales y Científicas
- 2014 **Chámalle 10: Unha década de arte de acción**
Vicerreitoría do Campus de Pontevedra, Universidade de Vigo. Pontevedra
- 2013 **Sala X**
Vicerreitoría do Campus de Pontevedra, Universidade de Vigo. Pontevedra
Chámalle X: IX Xornadas de Arte de Acción
Vicerreitoría do Campus de Pontevedra, Universidade de Vigo. Pontevedra
- 2012 **Chámalle X: VIII Xornadas de Arte de Acción**
Vicerreitoría do Campus de Pontevedra, Universidade de Vigo. Pontevedra
- 2010 **27 Certame de Pintura Concello de Cambre**
Concello de Cambre. A Coruña
- 2008 **25 Certame de Pintura Concello de Cambre**
Concello de Cambre. A Coruña
GZcrea 2008: Certame galego de creadores novos
Xunta de Galicia. Santiago de Compostela
- 2007 **Arte no Morrazo**
Ilmo. Concello de Cangas, Frigoríficos del Morrazo. Cangas
Novos valores 07: Obra seleccionada
Deputación Provincial de Pontevedra. Pontevedra
- 2006 **24 Certame de Pintura Concello de Cambre**
Concello de Cambre. A Coruña
V Certame de Artes Plásticas Deputación de Ourense
Centro Cultural Deputación Ourense. Ourense
GZcrea 2006: Certame galego de creadores novos
Xunta de Galicia. Santiago de Compostela
Novos valores 06: Obra seleccionada
Deputación Provincial de Pontevedra. Pontevedra

Communications, talks and workshops

- 2023 **Conversations about performance (IV).** Fine Arts Department- UVIGO, Pontevedra
Meetings in rural areas. Dialogue of knowledge. I Expanded Forum of Social Museology of the Provincial Museum Network of Lugo. Pazo de Tor Museum, Monforte de Lemos, Lugo
- 2022 **Expanded Poetry Workshop. II MARXE International Festival of Videopoetry.**
Sala Inmersiva Vialia, Vigo
I love you but I don't know what a performance is: Action Art Lab. ON School of Performing Arts, A Coruña
- 2021 **Pão Chocolate Pão: Action art training workshop.** BINNAR Festival.
ACE Escola de Artes, Vila Nova de Famalicão, Portugal
- 2018 **Suspended time: the performative side of rhythm in live and visual arts.** FUGAS E INTERFERENCIAS. III International Performance Art Conference. CGAC, Santiago de Compostela
1, 2, 3, 1, 2, 3... e acción! Video performance Laboratory. Curtas Armadiña Festival. Xaime Illa de Raxó Cultural Centre, Poio, Pontevedra
Pedra Papel Belisco: Performance Laboratory. FETEGA. O Carballiño
- 2017 **2419CVZ #Danzade, danzade, malditxs: Performative conference.** Professional Dance Conservatory of the Country Council, A Coruña

- Repertoire and improvisation: research and collaborative practices. Salón Teatro, Santiago
- Between stage and performance art. Faculty of Fine Arts, Pontevedra
- Artists Meeting #residenciasparaiso. Luis Seoane Foundation, A Coruña
- 2016 2419CVZ: Performative conference. Faculty of Fine Arts, Pontevedra
- Conference on Action Art and Women. Casa das Artes, Vigo
- Blanco&Roja: A way of pinching performance. Faculty of Fine Arts, Pontevedra
- 2006-2015 Didactic workshops. MARCO Museum and Barrié Foundation (Didactics and Mediation Departments), Francisco Fernández del Riego Art Gallery, NORMAL Cultural Intervention Space
- 2006-2011 Initiation to the Living Arts. Educational centres
- 2006 Stage creation. Co-direction of the Theatre's Classroom Quartoescuro. CSC UVigo

Collectives

- 2020-act. Límites. Corpo Colectivo Transfronteirizo. Multidisciplinary artistic collective
- 2015-2021 Blanco&Roja. Action art collective
- 2011-2016 Ohn. Performative bicephalous crowd. Action art collective
- 2010-2011 áIntemperie. Experimental creative performance collective
- 2002-2006 Quartoescuro. Creative performance collective

Coordination of cultural projects

- 2022 II MARXE International Festival of Videopoetry. Límites Collective & Editora Urutau, with the support of the City Council of Pontevedra. Sala Inmersiva Vialia (Vigo) and BINNAR Festival (Famalicão, Portugal)
- 2021 MARXE International Festival of Videopoetry. Límites Collective & Editora Urutau. Café UF and Simia Espacio, Vigo
- BINNAR. International Festival of Arts. Co-curator BINNAR & Colectivo Límites. Portugal
- Psychopicnic Festival (I and II). Límites Collective. Vilasobroso, Pontevedra
- Sala Límites. Virtual exhibition space. Límites Collective
- 2014 The eclipse. Cycle of performative audiovisuals. Ohn Collective. La Caja Gallery, Vigo
- 2011-2012 Núa, Scenic and performing arts magazine. Artistic and editorial team
- 2004-2006 Quartoescuro Theatre Exhibition (I, II and III). Aula de Teatro Quartoescuro. CSC UVigo

Complementary training

- 2023 Voice laboratory. ISSGA, A Coruña
- O corpo sonoro. Voice laboratory, prof. María Costas. Estudio Glau Fonseca, Pontevedra
- 2021 Voice laboratory, prof. María Costas. Online training
- 2020 Bio-Trans-Lab, prof. Paula Pin. TRC Danza, Colón Theatre, A Coruña
- 2019 IV International Conference Performa. USC, Santiago de Compostela
- IV Conference on Dramatic Literature. Cartographies of the word in action. NORMAL, A Coruña
- 2018 FUGAS E INTERFERENCIAS. III International Performance Art Conference. UVigo and CGAC, Pontevedra and Santiago
- XI Conference on Oral Tradition Literature. Deputación Provincial, Lugo
- 2017 FUGAS E INTERFERENCIAS. II International Performance Art Conference. UVigo and CGAC, Pontevedra and Santiago
- Corpo e vibración. Dance workshop, prof. Javier Martín. Salón Teatro, Santiago
- A través do aire. Dance workshop, prof. Daniel Abreu. Salón Teatro, Santiago
- Inicio-Estalla. Creation workshop, prof. Idoia Zabaleta. Museo Centro Gaiás, Santiago
- Introduction to Sandford Meisner acting technique, prof. Iñaki Moreno. SGAE Foundation, Santiago
- 2016 FUGAS E INTERFERENCIAS. I International Performance Art Conference. UVigo and CGAC, Pontevedra and Santiago
- Workshop "Chantal Akerman. Cult filmmaker, woman and transgressor". CC Comunicación, Santiago
- Narrativas del cuerpo. Performance workshop, prof. Nieves Correa and Abel Loureda. MATSU, Madrid
- El amor aparece en lugares inesperados. Performance workshop, prof. Dora García. MACBA, Barcelona
- 2015 Reflection group Escenas do cambio, prof. Claudia Dias and Idoia Zabaleta. Museo Centro Gaiás, Santiago

Course Sin Pretexto, prof. Agustí Vila and Ermel Morales. Padel Box, Vigo
 2014 III International Forum on Creation on the Border. Faculty of Fine Arts, Pontevedra
 2013 Video-danza workshop, prof. Man Hauser. Alg-a LAB, Vigo
 Masterclass of Suzuki training and Viewpoints, SITI Company. Extramuros, A Coruña
 2012 Roy Hart Vocal Technique Course, prof. Núria Inglada. A Artística, Vigo
 eBook digital edition course, prof. Javier Eguíluz. Barrié Foundation, Vigo
 2010 Kathakali dance course, Teatro Tascabile di Bergamo Company. Escénika, ESADg, Vigo
 Theatre workshop, prof. Wlodzimierz Staniewski. Escénika, ESADg, Vigo
 Lighting in theatre and dance, prof. Baltasar Patiño. Escénika, ESADg, Vigo
 The corporal rite in theatre. Dance for actors, prof. Arnold Tarraborelli. Escénika, ESADg, Vigo
 Stage performance and poetic acts, prof. José Piris. MACUF, A Coruña
 2009 O Vicio de Mirar. Theatre workshop, prof. Ana Vallés. Teateatre, Lugo
 Scenography workshop, prof. Modesto Braulio Flórez. Escola de Imaxe e Son RTV, Vigo
 Puppet manipulation and scenic practices. Galitooon, Santiago de Compostela
 Creating New Theatre, Temple Theatre Co. Actfestival, Bilbao
 Physical Theatre, prof. Jordi Cortés DV8 Co. Actfestival, Bilbao
 Dancefilm, prof. Jordi Cortés DV8 Co. Actfestival, Bilbao
 Improvised theatre to change behavior, prof. Berg Wagenaar. Actfestival, Bilbao
 2008 Spinning, carding and natural dyes for wool, prof. Ramón Álvarez. CENTRAD, Lugo
 Scenic laboratory, prof. Nikolai Karpov and Maria Shmaevich. Teatro do Giglio di Lucca, Italia
 Instantaneous composition, prof. Dominic Borucki. A Artística, Vigo
 2007 Acting and creative performance in the scenic space, prof. Jose L. Raymond. MACUF, A Coruña
 Every day life art, prof. Alicia Framis. MUSAC, León
 2006 Revelation of the place. Art and environment, prof. Alberto Ruiz de Samaniego. MARCO, Vigo
 Memory of the Galician theatre 1936. ESADg, Vigo
 2005-2006 Graphic and Web Design Cycle. PC Carrier Training School. Vigo
 2005 III International Forum of Contemporary Art Experts. IFEMA, Madrid
 2001-2002 Contemporary Dance. Mayeysis Conservatory, Pontevedra
 1997-1999 Classical Dance. Centro Danza Lugo, Lugo
 1989-1997 Classical Dance. Juan Carlos Zahera's Dance School, Lugo