



Ready to Act - *Being Seen*

A structured training programme for performers and directors, developing bodily availability, sharp observation, and openness to play.

Moving from one production to the next, from performance to performance, can gradually lead the body into a state of fatigue and routine. Without quite realising it, creativity turns into “going to work”, “going to school”, “production-line making”. An uncomfortable feeling can arise: being grateful to be working while, at the same time, having lost pleasure and meaning. A feeling far removed from what first drew us to this profession: the vital energy of exploration and freedom.

Escaping this sense of stagnation underpins my commitment to cultivating a sustained creative state as an inexhaustible source of pleasure. As a performance maker, director, choreographer and researcher, I combine production with research, maintaining spaces of exploration—however small—to nurture the body–mind connection, encourage experimentation, and design strategies that foster clarity, freedom and creative pleasure in each artist.

Ready to Act - Being Seen extends this purpose. In this course, the dialogue between performer and director becomes an essential part of the process. Observation, mindful attention and the shaping of an external gaze are integrated into the training, strengthening not only interpretative capacity but also the understanding of the frameworks that support performative play, and the practice of feedback as a **decisive tool** within direction.

About Ready to Act

I propose this training as an invitation to explore beyond your habitual resources and step outside familiar interpretative territory. Through exercises that awaken the body’s inner witness and scenic situations framed by the rules of play, we open a space of practice in which to refine listening, inhabit the present moment and access a more available creative flow. You will train listening and emotional availability as the foundation of acting practice, developing the honesty of the here and now and allowing your emotional truth to generate fiction in a singular way. This work leads to a more ductile performance, free of prejudice and rich in detail, guided by the pleasure of entering a state of flow with your creative impulse. Just as an athlete or a musician trains their discipline, Ready to Act proposes training ours—through body, presence and play.

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Ready to Act - Dejándote expands this proposal by incorporating the role of direction as an active part of the training. Performers and directors share a space where exercises and scenic situations generate a common agora—a place to observe, reflect and gain a deeper understanding of one another’s processes. While performers train emotional availability, those observing cultivate mindful attention and the articulation of an external gaze, deepening their understanding of how scenic fiction is constructed and supported. Performers develop more nuanced and flexible performances; directors refine their observation, their understanding of the frameworks that stimulate performative play, and their ability to articulate indications and feedback with clarity and precision. In this way, they are able to offer direction that inspires, supports and expands the creative work.



What We Will Work On

- Strengthening bodily **listening** to connect with inner impulse and playful intuition.
- Practising **commitment** to the **rules of play** and **emotional availability** in response to stimuli.
- Inhabiting the **present moment** and recognising it in action.
- Accepting the **shifting and arbitrary nature of emotions**.
- Identifying **limits** and prejudices that emerge through play.
- Enhancing **pleasure** in play as a creative driving force

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- Refining **observation** to read the scene, draw conclusions and understand how action is constructed.
- Formulating clear and precise **feedback** that supports, stimulates and expands acting work.
- Integrating both roles—performer and director—within a space of creative feedback in which each strengthens the other.

Who It Is For

Performers: actors, dancers, and directors interested in acting and in continuing to train availability through practice.

Limited Places

Selection based on a short biography and a sentence sharing what motivates you to take part in the course.

Duration and Format

20 hours, Monday to Friday



Nuria Legarda

A European theatre maker, choreographer and theatre researcher, Nuria Legarda develops an authentic, visceral and distinctive approach. Her work emerges at the intersection of theatre, dance and the visual arts, articulated through a relational dramaturgy of body and image. She creates a hypnotic visual poetics that invites the spectator to perceive and understand through sensorial experience, in an embodied encounter. Her work explores human behaviour and proposes understanding society as an extension of individual internal processes.

Has worked at:



Those who have worked with Nuria have said:

'Nuria is an extraordinary mentor and director. Her work is deep, refined and highly effective. She helped me enormously in building my character, always working from the connection between body and emotion, and from a place of exploration. She's fantastic — I absolutely love her!'
– **Silvia Abril, actress**

'Nuria Legarda's training was transformative. Her exquisite choice of words triggered immediate, effective and surprising changes in our bodies. Her work proved essential in preparing the cast for performance, which led to her contract being extended throughout the entire run of the production—an innovative and pioneering initiative proposed by the cast and supported by the National Theatre of Catalonia.'
– **Teresa Urroz, actress**

'Working with Nuria allowed me to expand the expressiveness of my body and, as a result, of my emotions, while fully surrendering to the text through countless possibilities. She is also remarkable in her work with groups: she was able to guide an entire cast with very different backgrounds and ages, almost imperceptibly, generating and sustaining a shared physical vocabulary.'
– **Anna Moliner, actress**

'Working with Nuria means achieving a performance that is sustained by a deep understanding of the body, emotion and mind. Drawing on her experience across a wide range of physical and acting techniques, she is able to place the artist in a state of precise and finely tuned availability. Nuria Legarda is an expert in movement, with great theatrical wisdom and remarkable talent.'
– **Francesc Garrido, actor**