

BATTE CUORE
BY
PAULINA DERBEZ



PAULINA DERBEZ, VIOLIN, ACTING AND VOICE

"It is within the wisdom of our hearts that we can become one with the art of creation"

BATTE CUORE

When was the last time you listened to your heart?

As a musician, I have been involved in multidisciplinary projects throughout my career. I am passionate about combining different disciplines as a means toward artistic and personal transformation. My first experience as a theater artist was as an actor in the show Fenix, produced in Switzerland by Teatro Pan and presented in Lugano, Zurich, Bellinzona and Mexico City. Since then, working in and with other disciplines has been very important both personally and artistically. Of equal importance to me has been the interweaving of multiple languages, including the language of music.

Having the possibility of becoming a sonic character on the stage has become a journey of self - discovery. This has also had an impact on my pedagogy and is reflected in my book, *The Conscious Musician* and in my upcoming book *The Invisible Force of Music*.

Since being a music student, I have experienced the importance of collaborating with other arts to find freedom in the act of performance. I have found that when music also becomes a character, the communication with the audience is much deeper and more authentic.

After many years of working on interdisciplinary projects I am thrilled to bring to life a “musical monologue” where I become a sonic character on the stage. The power of storytelling can take the music to a much deeper level. The desire is to enchant the audience, to touch the listener in profoundly, unknowable ways. Since I have lived in 3 countries I felt the need of creating a script that contains the languages of those countries. It is written in a way that an English, Italian and Spanish native speaker will understand the story telling.

The idea of this performance came to me after getting the certification of HeartMath Mentor with the HeartMath Institute. The course is about heart intelligence and how this can have an impact on our lives. Since getting the certification I have experienced music and art on a far more expansive level. And I have witnessed how this has also helped my students to have a more profound relationship with music and performing.

My participation on this performance is as a violinist, singer, and actor. Liza Balkan is collaborating as a dramaturg and director. Liza and I collaborated on “Mirrors” a show with dancer Lucy Rupert. Mirrors was premiered at the Citadel Theatre in Toronto in 2019 with the support of Ontario Arts Council. Since that experience I have always desired to work with Liza again. In our initial conversation we talked about heart intelligence and its impact in performing arts and how creating a storytelling will transform each musical piece into a different key that will unlock the audience’s hearts. A key component is inviting the public on this journey of discovery and how the works of Bach, Corelli and original compositions become part of the cast for the story telling.

Batte Cuore is a journey that would like to give people the possibility of going within their hearts through sounds and sensations of the pieces, script, and voice. It is a conscious listening that can lead everyone to whatever it needs to transform within themselves in the moment. In these challenging times, arts have a crucial role to give people the opportunity to find within them

selves the light and joy that lies in their souls. More than ever we need to get in touch with our hearts as we travel forward in these precarious times as a community, country and planet. We need to be reminded to stop and listen and connect with each other and with our deeper selves.

The story line is based on my own personal experience in Lugano while I was studying at the Conservatorio della Svizzera Italiana. It is a story of a young musician that after the death of her father decides to pursue her passion in a country that is not hers. When she arrives to that country she encounters a teacher that breaks her confidence and passion for music. But one day she discovers the power that lies within her and the journey to open her heart and take her power back just begins. Transformation, wonder, reflection, and curiosity are key elements in "Batte Cuore." The performance is in Spanish, Italian and English and 60 min in length. It is geared for a general audience.

PROGRAM

La Follia by A. Corelli

Batte Cuore by Paulina Derbez,

Fugue in G Minor by J.S. Bach

Vento by Paulina Derbez

La Chacona (extract) by J.S. Bach

Reflections of the Heart by Paulina Derbez

In the Area of the Heart by Frank Horvat

CREDITS

Paulina Derbez, violin, voice, script and acting

Liza Balkan, dramaturg, and director

Noah Feaver, light designer

Mitch Cook, sound design

Frank Horvat, composer



Paulina Derbez

One of the 50 celebrities that are transforming Mexico

Magazine Quién

Paulina is a classical and avant-garde multiawarded violinist. She has performed at the Glenn Gould Studio CBC, Koerner Hall, Palacio De Bellas Artes, Fujisawa Civic Hall, Sala Netzahualcoyotl, Teatro Juárez, Expo Hannover, Haus der Musik, among others. She has performed concerts in countries around the world, including Japan, Colombia, France, Italy, Germany, Canada, Austria, Switzerland and Mexico, as a soloist and with chamber and symphony orchestras.

Paulina is the creator of the Conscious Musician music teaching method, and has taught courses in Switzerland, Canada, Austria and Mexico at institutions such as the Rudolf Steiner School in Lugano, the International Music Festival in Morelia, the Yuriko Kuronuma Academy in Mexico City, the Young artscape in Toronto, Escuela Superior de Música in Mexico city and Cultural Institute of Campeche. She has been part of the faculty of the International Festival and Master Course Music in the Alps in Bad Gastein, Austria. Recently she conducted The Conscious Musician Seminar in Toronto, Canada.

Paulina's book *The Conscious Musician*, published in June 2014 by Editorial Ink, was originally published in Spanish as *El Músico Consciente* in 2012 which was launched at the International Book Fair in Guadalajara, Mexico, one of the most important Book Fairs in the world. She has

been selected as a TEDx speaker, to talk about her book, at the TEDx Paseo Santa Lucía in Monterrey.

As an artist Derbez has always had the desire to work with other disciplines. She was “Alma” in Fenix a Teatro Pan production that was presented in Lugano, Zurich and Mexico city under the direction of Maria Maglietta.

From 2000 to 2005 she created the music for “Cuerpo Impulso” and was part of the cast. This performance was created by the dancer Rocío Flores with the support of FONCA and it was presented at Miguel Covarrubias Hall, Teatro del Boque INBA and at the Harbourfront Centre Festival in Toronto.

From 2012 to 2014 she presented her solo performance “Shika out of the silence the sound is born” in Toronto and as part of Festival Cervantino in Guanajuato.

Paulina has worked with the dancer Lucy Rupert on the multidisciplinary show “Mirrors” for which they have received in two occasions a grant from Ontario Arts Council and also have been selected to perform at Culture Days at [Koerner Hall](#), Royal Conservatory Telus Centre, in Toronto, October 2016. Mirrors was premiered in spring 2019 at the Citadel Theatre in Toronto.

She has been awarded as “One of the Top Ten Successful Mexicans in Canada” by Latinos Magazine, “One of the 50 personalities that transform Mexico” by Quien Magazine along personalities like Alfonso Cuarón and Plácido Domingo and “Mexican Distinguished” by the government of Mexico IME.

With her duo Luna Derbez-Salazar has performed at the National Arts Centre of Canada, Mexican Cultural Institute of Washington, Haus der Musik in Viena, Arts Theatre in the University of Costa Rica and Juan de la Cabada Theatre among others. The Duo Luna Derbez-Salazar has been awarded by Ibermusicas 2017 to give concerts and masterclasses at the University of Costa Rica in 2018. Recently they performed at Bellas Artes in San Miguel de Allende as part of the 60th Anniversary of Centro Cultural El Nigromante.

Derbez hold a master’s degree in music pedagogy by ESMUC Escola Superior di Música di Catalunya. She gives talks, concerts and masterclasses around the world. Paulina’s violin “Luna” was made by the Mexican luthier Itzel Avila and exhibited at the Cuvee Darling Amsterdam Exhibition.

Her passion to study mind-heart-body connection has led her to take the certification with HeartMath Institute as a HeartMath Mentor. This work has had a profound impact in her performances and teachings. Currently she is the chair of the Red Mexicana de Conservatorios Saludables in partnership with Healthy Conservatoires UK and part of the board of the San Miguel de Allende Chamber Music Festival through wich she is giving The Conscious Musician Academic Program to undergraduate students from the main music schools In Mexico. Derbez was the receipient of the Petrchor Records Publishing Awards 2022 and Special Prize EUTERPE International Music Competition 2023. Her new book will be published fall 2024 by AOS Publishing.

For more information about Paulina, visit www.paulinaderbez.com



Liza Balkan is an award -winning, multi - disciplinary theatre artist with a career that spans over 40 years. Originally from Canada, her professional practices include extensive work as an actor, director, creator, librettist, educator, as well as dancer and singer – each discipline informing the other. She began her Conservatory training and then professional work as an actor in New York City in the late 70's/early 80's, returning to Ontario eight years later to continue developing and expanding her practices in the theatre.

Liza had an extended residency with The Theatre Centre in Toronto between 2008 -2012. Through this residency, she developed, co-produced and then directed her documentary/verbatim project *Out the Window*. This project, investigating policing, Use of Force, mental health, racism, and the justice system, had several public iterations on its journey toward a production at Toronto's International Luminato Festival in 2018. *Out The Window* was published by Sirocco Drama in the Fall of 2022.

As a librettist, her work includes the text for composer Brian Current's multi - Dora Award – nominated opera *Gould's Wall*, produced by Tapestry Opera/Koerner Hall/RCM/21C Festival in August 2022.

With composer Lembit Beecher, she co-created the song cycle *Looking at Spring*, which premiered in Vermont in 2014. They also collaborated on *I Missed the Beginning*, premiering in NYC in 2017, and *After the Fires*, which premiered in May 2022 in Brooklyn, New York and had a subsequent production at The Royal Conservatory of Music/Koerner Hall in 2023.

Liza has also written text for several short opera works produced by Tapestry Opera ,Bicycle Opera Project, and Opera McGill.

In 2020, inspired by a desire to keep practicing and creating through the first year of the pandemic, as well as thanking the community in which she lived during this time of isolation, Liza co-created, directed and wrote the lyrics for the song cycle, *So, how's it been?* The text for

this show incorporated the words garnered from multiple interviews with residents of all ages and backgrounds living in the small city of Stratford Ontario.

It was performed outdoors to sold out houses at Here for Now Theatre in Stratford during the summer of 2021.

Liza's more recent directing credits include *Much Ado about Nothing*

(Shakespeare in High Park/Canadian Stage), The Canadian premiere of the children's opera *Frog Song* (Here for Now Theatre, Stratford Ontario) *Every Brilliant Thing* (Grand Theatre London), *Mustard (University of Waterloo)*, the premiere stage production of Stephanie Martin's opera *Llandoverly Castle* (Opera Laurier), the Canadian Premiere of Louis Andriessen's chamber opera *Anais Nin* , starring Wallis Giunta, (Koerner Hall /RCM), *The Brothers Grimm* (Canadian Opera Company Ensemble), Montsalvatge's *El Gato con Botas* and *Berio's Folk Songs* (GGS/RCM), and Bicycle Opera Project's 2 summer seasons as well as their performance at 21C Festival (Koerner Hall).

Her career as an actor has included multiple productions, in a wide variety of genres, across Canada and in the US. She received Toronto's Dora Mavor Moore Award for her performance in *Still the Night* (Theatre Passe Muraille/Tapestry) and a nomination for Calgary's Betty Mitchel Award during the show's Cross –Canada tour. Other favourite credits include: *KISS* (Canadian Stage /ARC), *The Winter's Tale* (National Arts Centre) Pomona (ARC – Ensemble Dora Nomination), *It's All True* (Great Canadian Theatre Company) *Awake and Sing* (People's Light and Theatre Company- US), *Little Black Fish* (Theatre for the New City , NYC) She had the great privilege of working with Jerome Robbins, playing the role of *Anybodys* in *West Side Story* (Kennedy Centre, Wash. DC) Liza also appeared in the First Canadian National Tour of *Cats*.

Liza 's most recent Canadian film /TV credits include Atom Egoyan's feature film *Remember* and has appeared in the celebrated TV series, *Murdoch Mysteries*. She has also been the voice of Sailor Mercury in the anime series *Sailor Moon*.

Liza continues to be devoted to her busy practice as an educator and mentor. She is presently on faculty at Sharjah Performing Arts Academy in the UAE and has been an instructor at the Don Wright Faculty of Music/Western, University of Waterloo, Humber College, George Brown College, University of Windsor, Royal Conservatory of Music/Glenn Gould School, Laurier University, Ryerson, Randolph Academy, CCPA (Victoria) and the Birmingham Conservatory at the Stratford Festival.

Liza is committed to inclusionary practices, process, communication, and building confident, joyful, respectful, healthy, and courageous spaces in which to create with others.

She received her MFA through the Canadian Stage/York University Graduate Studies in Directing and is a member of the Association for Acting Coaches and Educators (AACE)



Noah Feaver

Noah Feaver is a Dora Award nominated lighting designer. He works frequently in Dance and Opera and has designed for companies such as: Edmonton Opera, Toronto Dance Theatre, Tapestry Opera, Souleppper Theatre Company, Holla Jazz, Citadel + Compagnie, Zata Omm, The Royal Conservatory of Music, Against the Grain Theatre, and Rock Bottom Movement. Noah holds a BFA from Toronto Metropolitan University's Performance Production program and spent two summers as a lighting design practicum at The Banff Centre. He works as a Lighting Design Coach at The National Theatre School of Canada. Noah is a member of the Associated Designers of Canada.



Mitchell Cook

Mitchell Cook is a multi-instrumentalist born in St. Catharines, Ontario in 1965 and started studying piano while in High School. Upon graduating, his music interests led him to Humber College where he studied Jazz composition and arranging. After graduating in 1991 he started touring Ontario with various bands leading to touring opportunities internationally as a Keyboardist for a Jazz trio in Paphos, Cyprus, in 1993, and with a funk Dance band in Dubai, United Arab Emirates, in 1994. Returning to Canada Mitchell co-formed an electronic band called the "Plasticpalacepeople". In a 6-year period, the bands was able to licensing "Plastic" music to TV productions providing Mitchell with a new interest of writing music for Television. In 1996, a relationship with Bell Media/CTV was born that, 28 years later, has resulted in hundreds of compositions being created and used on TSN, Daily Planet, CTV News Channel and MTV Canada. Most recently Mitch has expanded his palate to include sound design for live multimedia stage performances.



Frank Horvat

Frank Horvat is one of the most inventive songwriters to come out of the contemporary scene in Canada (WholeNote Magazine). This award-winning composer's music is emotional and intense. As a multi-genre composer and pianist, he has carved a niche for himself among today's composers, wearing his fragile heart on his sleeve (CBC Classical). Frank explores a wide array of themes in his music from love to the environment, mental health and social justice issues. He gives his audiences time and space to reflect in this fast-paced world. Frank's compositions tell deeply personal stories while permitting audiences to ponder their own.

His works have been featured on [over twenty albums](#) on labels including ATMA Classique, Azul Music, Leaf Music, and Centrediscs. With composition premieres on four continents, his music has been showcased internationally in theatre, feature films, and radio/TV networks including BBC Radio 3, Bravo, CBC, CBS, Discovery, HBO, Vice, and featured in publications such as Gramophone, The Strad, BBC Music Magazine, Toronto Star and Vancouver Sun.

In 2021, Frank Horvat delivered a powerful testament with the album [Music for Self-Isolation](#), hailed as one of CBC Classical's top five albums of the year and Ludwig van Toronto's 'Year In Review: Classical Gems'. His other release that year, [Project Dovetail](#), garnered acclaim as a 'must-hear' album on CBC Music's Fall selection.

He ignores boundaries and isn't afraid to mix politics with art (Ludwig van Toronto) as many of his composition projects revolve around social issues. He has been a panelist at the Classical: NEXT conference speaking on the topic of 'Artivism' and featured in Chris Gunness' UK Classical Music Magazine podcast.

Born in Ottawa, a graduate in composition from the University of Toronto, he lives and composes by the lake in Toronto with his wife/manager. Frank is an Associate Composer at the Canadian Music Centre, and the inaugural recipient of the Kathleen McMorow Music Award for contemporary composition.

MEDIA

BATTE CUORE FACTORY THEATRE TORONTO

PAULINA DERBEZ, VIOLIN, VOICE, ACTING

LIZA BALKAN, DRAMATURGIA AND DIRECTOR

NOAH FEAVER, LIGHT DESIGNER

KENDRA EPIK, VIDEOGRAPHER/PHOTOGRAPHER















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