



# TRILLA

*Luz Arcas, La Fármaco*

A PERFORMANCE BY  
LUZ ARCAS,  
LA PHÁRMACO







**Trilla** arises from the encounter between **Le Parody** and **Luz Arcas**, an investigation into the worlds they share: folk and electronic music, and the need to question the vertical structures that historically dominate us.

The proposal is purely intuitive, a succession of images, dances and sound landscapes related to laments (water as a key element of universal folklore, from tears to sweat, from eroticism to bad omen, from birth to death), war (the global but also the private one that makes its mark on each and every body) and Marian references from a pagan perspective.

The title refers to one of the key pieces of the work, which develops the concept of work to approach a 21st century folk proposal, a tribute to today's body, where work is to capitalism what prayer is to Christianity: a way to ensure paradise, promotion, success. Production as a religion, subjugation as a way of life. But, as in folklore, self-pity is superseded by partying, misery is "celebrated" in the name of the vitality and power that bodies attain while bearing the weight of world.



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Music: **Le Parody**  
Dance: **Luz Arcas**  
Lighting: **Jorge Colomer**  
Production: **La Phármaco**





## Luz Arcas | La Phármaco

**Luz Arcas, winner of Spain's National Dance Award 2024**, is a dancer, choreographer and stage director. She holds degrees in choreography from the María de Ávila Conservatory in Madrid and in stage direction from the Royal School of Dramatic Art.

She founded the La Phármaco company in 2009.

Her latest creations are: *Morphine. Lullaby for Emmy Hennings (2026)*, a dance solo with dramaturgy by Pedro G Romero. Fragments of the piece have been shown at the Reina Sofía Museum in Madrid, the Kadist Gallery in Paris and the Bozar in Brussels, and it premiered at the Teatro de la Abadía in Madrid, coproducer of the show.

And *Tierras raras (Rare earths, 2025)*, premiered at the Madrid en danza festival (Teatros del Canal) produced in collaboration with the Mercat de les Flors (Barcelona) and Ma-scène nationale Pays de Montbéliard (France).

She is currently working on the creation of a new piece, *Masa*, for the Compañía Nacional de Danza (Spain),

which is set to premiere at Matadero (Madrid) in May 2026.

Her previous work is collected in two projects: *Bekristen/Tríptico de la Prosperidad (2019-2023)*, consisting of the pieces *La domesticación*, *Somos la guerra* and *La buena obra*, co-produced by the Autumn Festival, the Condeduque Centre for Contemporary Culture, Teatros del Canal in Madrid, the Teatro Central in Seville and the Graner Centre for Contemporary Creation in Barcelona, and *Ciclo de los milagros (2020-2022)*, consisting of the pieces *Toná*, *Trilla* and *Mariana*, the latter co-produced by the Seville Flamenco Biennial, Teatros del Canal in Madrid and Ma-scène nationale Pays de Montbéliard.

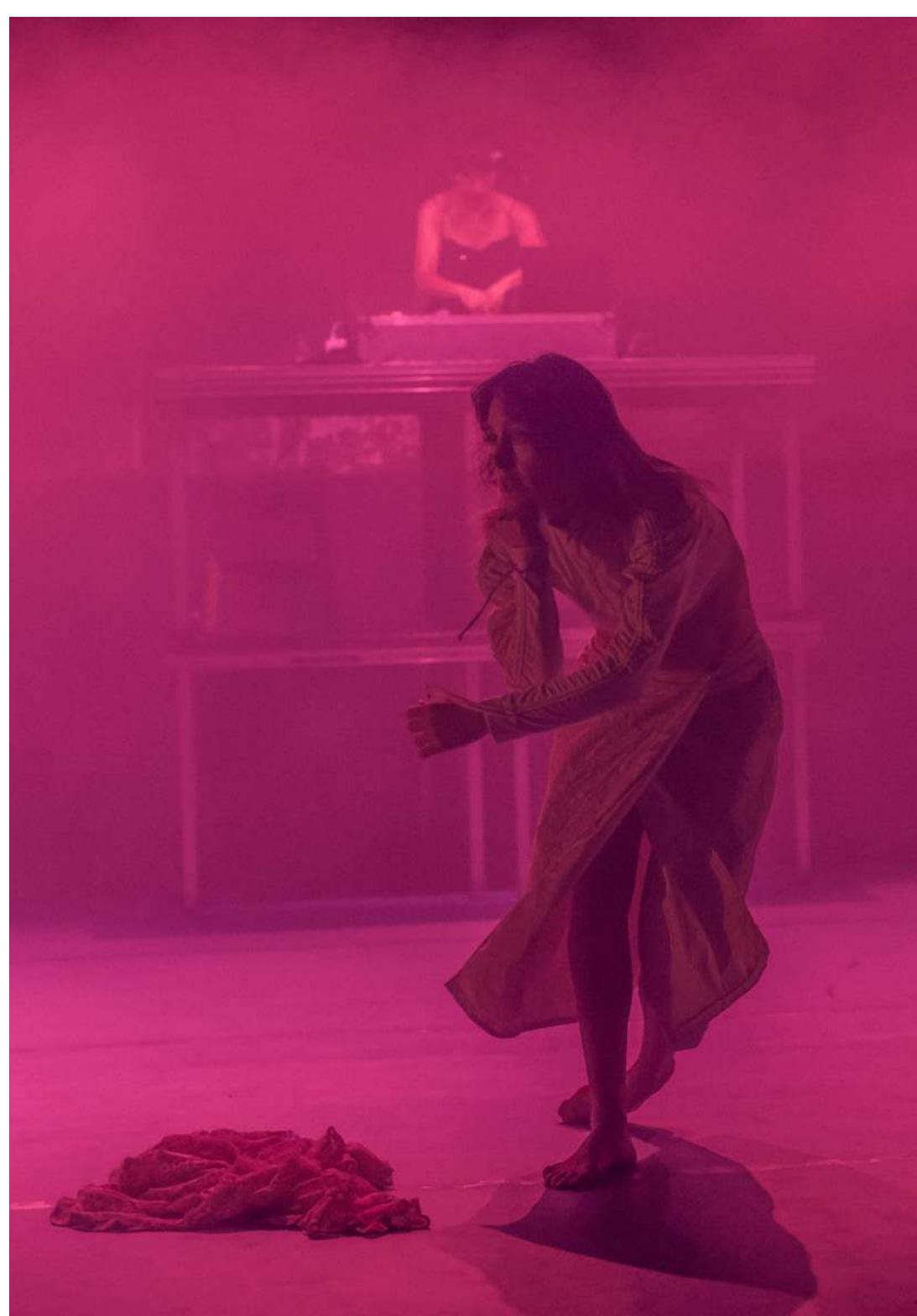
She has also choreographed works for the Víctor Ullate Ballet (2018), the National Dance Company of El Salvador (2019 and 2021) and the IPCNA in Peru (2021). She has choreographed the opera *Rigoletto (2023)*, directed by Miguel del Arco and produced by the Teatro Real in Madrid, the Tel Aviv Opera, the ABAO Bilbao Opera and the Teatro de la Maestranza in Seville. She has directed and choreographed the play *Bordo Poniente*, produced by the University and FIL of Guadalajara, the UNAM and the DAJU of Mexico City (Mexico, 2024).

As a stage director, she has created *Todas las santas* (2022), in collaboration with Salvadoran actresses Egly Larreynaga and Alicia Chong, co-produced by the FIT of Cádiz; and *Psicosis 4.48* (2023), co-produced by the Teatro Español in Madrid, for which the protagonist, Natalia Huarte, received the Max Award for Best Female Performance (2024).

She has also carried out artistic projects in India (New Delhi, National School of Drama 2015) and Equatorial Guinea (Malabo, 2015–2016).

She is the author of the book *Pensé que bailar me salvaría* (*I Thought Dancing Would Save Me*), published by Contintameties, which has just been released in its second edition.

Luz Arcas was awarded the II Godot Prize in 2023 for the best dance work for *Mariana*, and was a finalist for Best Female Dance Performer at the Talía Awards in 2023. She was a finalist at the Max Awards in several categories with *Somos la guerra* in 2022, and for Best Dance Performer with *Kaspar Hauser. El huérfano de Europa* in 2017. She received the El Ojo Crítico de Danza 2015 award and Best Dance Performer at the Lorca Awards that same year. She is the winner of the Injuve 2009 and Málaga Crea 2009 awards.





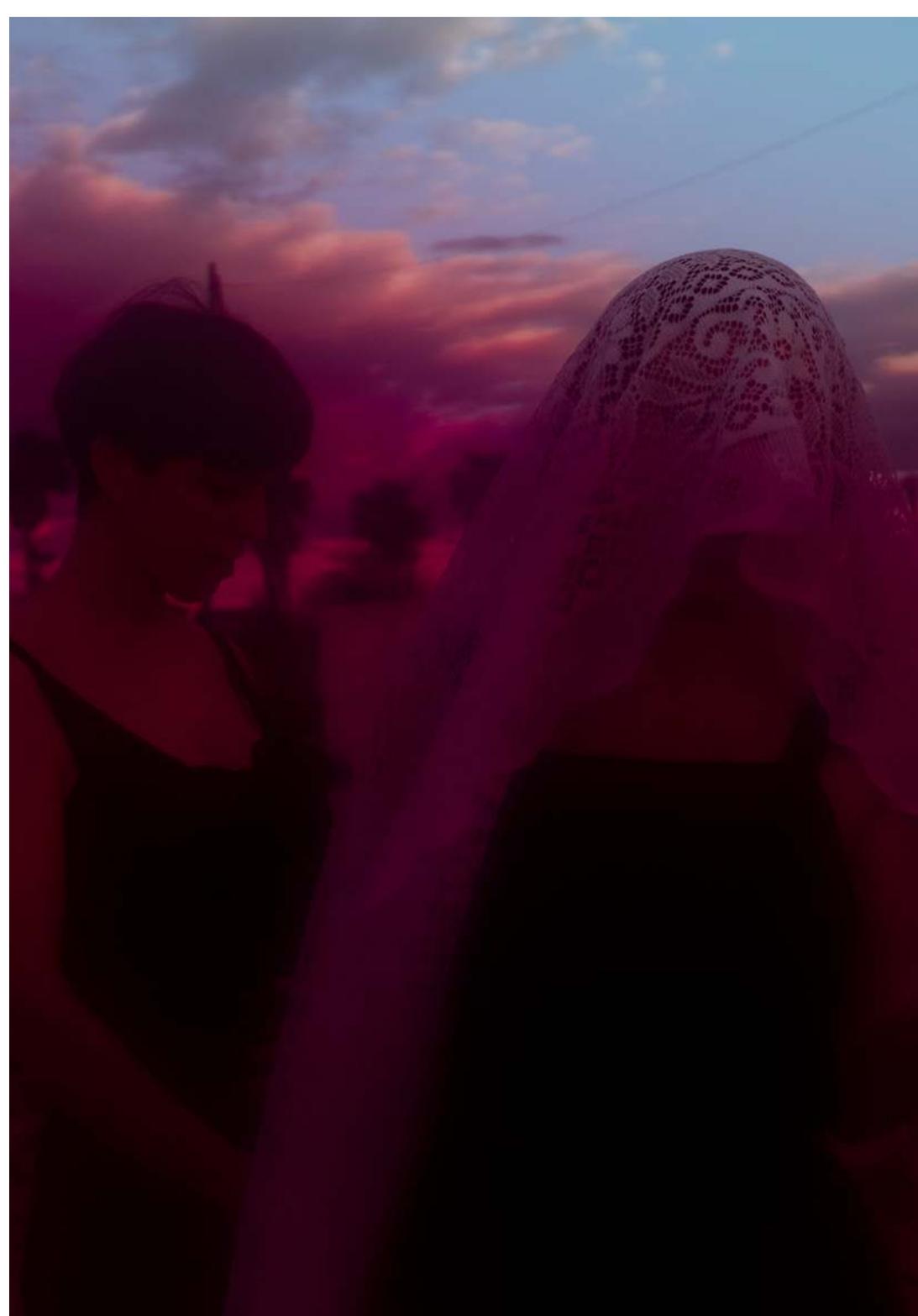


## Le Parody

**Le Parody** is a project from Sole Parody, a musician, producer and poet from Southern Spain. She burst on to the Spanish music scene in 2011 and has been actively touring and publishing music ever since.

Her work has consistently received praise for its innovative musical style, a mosaic where Andalusian folk echoes, ambient textures and techno beats fit together. Since her first steps in music she has experimented with the intersections between machine and voice, combining a passion for technology and a folkloric expression.

She has published three studio albums (*CÁSALA*, *Hondo* and *Porvenir*), and participated in a vast number of collaborations with other artists of the emerging vibrant scene of electronic folklore in Spain.





“Thanks to the Flamenco’s ‘ayeo’ of a saeta and other sampled lamentos from other regions in the background, Luz Arca’s body went into trance and executed her hypnotic dance.”

**By Regina Sotorrío, Diario Sur.**





# ARTISTIC TEAM

Dance  
**Luz Arcas**

Music  
**Le Parody**

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A work by  
**Luz Arcas**  
**Le Parody**

Costume  
**Luz Arcas**  
**Le Parody**  
**Hilando Fino**

Lighting  
**Jorge Colomer**

Technical Direction  
**Cristina Bolívar**

Photography and Video  
**Virginia Rota**

Graphic Design  
**María Peinado**

Production Design  
and Coordination  
**Alberto Núñez**  
**Alex Foulkes**

Executive Producer  
and Tour Manager  
**Fernando Jariego**

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## Contact

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