

DUO SOMA

PERFORMANCE

MUSICAL ENCOUNTER

WORKSHOPS

**DISABILITY
AWARENESS**



PRESENTATION

Sophie and Emmanuel Sala, founders of Duo SOMA, are a couple of professional singer-songwriters. They also both live with disabilities.

They raise Awareness actions through performance and community engagement, offering a range of initiatives detailed in this document.

- **A creative resilience**

The **life paths** of Sophie and Emmanuel Sala, their constant **overcoming** of disability and the **richness** of their creative life have led them **to use their art to promote community, education, and solidarity.**

Through sharing their experiences of resilience, Sophie and Emmanuel Sala seek to reveal the **powerful potential of life** that exists within each person. Through artistic sharing and conversation, they wish to convey the hope that gives us our **regeneration** capacities.

By empowering the "different" person to contribute to others, they aim to affirm a dimension of **citizenship** accessible to all.

Ultimately, their goal is not so much to present their paths as "exceptional" as to plant **vitality, optimism, and resilience seeds in each person.**



- **Importance of artistic dimension**

The artistic performance itself is a primary means of raising Awareness : indeed, in the face of the artists' visible disabilities, their joy in offering a show, the poetic world in which the spectator is immersed, and the generosity of Sophie Sala's performance all carry within them a promise of freedom and self-realization.

What is offered to the audience here is truly a **sensitive experience of resilience.** According to the artists, it allows a disability issue explanation in a deeper, more "sensitive" and with more lasting effects than a simple, top-down verbal.



DUO SOMA

duosoma.com

- **Some figures**

Celebrating nearly 25 years.

Nearly 300 performances in France and abroad (Switzerland, Belgium, Germany).

Creation of 10 shows, with approximately 100 songs written by Sophie Sala as an author and composed by Emmanuel Sala.

Numerous Awareness activities in all types of settings: conservatories, libraries, town halls, social and medical institutions, associations, schools, etc.

- **Highlights**

Performances:

"Voices, Visions, Actions" at La Villette, 2025

organized by the IMAGO Network to mark the 20th anniversary of inclusion law

"The Art of Being Together," 2025

organized by the City of Paris

Opening acts:

Jacques Higelin, Graeme Allwright, and Mellino of Les Négresses Vertes, 2006

Medias:

"Duo SOMA, Sophie and Emmanuel: A Meeting," 2024

Documentary by Miguel Vallecillo Mata

2 awards at the Regards Croisés Short Film Festival - theme: disability and work for "Chansons," a film about their concerts.

- **Places**

UNESCO, Sciences City, National Library of France, Sentier des Halles, Maison des Metallos, La Flèche d'Or, Coulommiers theatre, Mandapa Center - Winter tales festival, Buffon Library, Paris 8 University, File 7, Les Cuizines, La Batterie... Genève, Lausanne, Liège, Berlin...

- **And also**

Support from ARCADI Ile de France, 2016 - 2018

Creation of the SOANZA collective with ZIGZAG and Anqa companies to develop an innovative approach to creation in the field of disability, 2024

PERFORMANCE

Duo SOMA in CONCERT

“A cloche pied vers l’infini...”
(« hopping on one foot towards infinity »)

SONGS and SHORT STORIES
Poetry, humor, mystery...
Emotion

1 piano, 2 voices
For all audiences - flexible duration

Excerpts
with english subtitles

In this striking,
mischievous
and intimate show,
Duo SOMA seeks to open eyes
to the hidden potential of life
and wants to highlight
the beauty of fragility.



MUSICAL ENCOUNTER



- **Cabaret Encounter (libraries, forums, associations, etc.)**

After a musical interlude, Sophie and Emmanuel Sala discuss about their **life paths** and how disability has **fueled** their creativity, constantly pushing them to **venture** off the beaten ways, and forge their own unique approach. Sometimes, **other artists or guest speakers** are invited.



- **Conservatory encounter**

For students and teachers - A session exploring the **intimate connections between life and creation**: inspiration, overcoming challenges, reinterpretation...

Themes addressed: Creation and self-creation; freedom as a response to disability; rebuilding through writing; memory and performance; and numerous interactions with the audience.

WORKSHOPS - Give the floor



In a peer-to-peer approach, Sophie and Emmanuel Sala offer expression workshops in various forms

Here are a few examples scheduled in Parisian establishments:

> Write a song together

As part of a project on **parenting** within a social care facility, and following group discussions on the topic, a song will be written with the residents. Each person will be able to **express themselves and perform** their lines in their own voice. Duo SOMA will compose the music and record the residents' voices.

> Living library

Bringing together **life stories** from diverse experiences such as migration, precariousness, aging, and disability...

In partnership with a library, individuals designated as “witnesses-books” meet with the public for 30 minutes one-on-one interviews. It’s similar to borrowing a book, but here, it’s a **human encounter**... Life stories are shared with **sensitivity and respect** for each person’s voice.

The artists of Duo SOMA support the participants in their preparation and also share their own stories.

> Sharing a piece of one's life story during a performance

Here, a library welcoming visually impaired persons, invites some of them to prepare a testimony focused on **a particular moment in their lives**.

They will then be able to **perform** it in public during a Duo SOMA show. The artists will have incorporated this series of stories into their performance.

BIOGRAPHIES

SOPHIE SALA



Born to a musician mother, Sophie began taking singing and guitar lessons at the Narbonne Conservatory at a young age.

At 13, she suffered a traumatic brain injury in a car accident and recovered after a three-month coma. In 2002, in Paris, Sophie trained as an actor at the Florent School and then earned a degree in theater pedagogy from Paris 8 University.

From 2008 to 2011, she worked as a theater facilitator for people experiencing homelessness or in prison. In 2009, she completed a traineeship as a special education teacher and trained in art therapy at Paris V University.

Since 2022, she has taught French as a Foreign Language (FLE) in the 18th arrondissement to migrants from all over the world. She has always written poems and, especially following her accident, has made writing a central focus of her life.

EMMANUEL SALA



Emmanuel was born with hemophilia. Also from a family with a love of art, he began playing music at 15, starting with the drums. At 22, he contracted HIV and hepatitis C. He became a schoolteacher, but had to leave his job for health reasons and decided to dedicate himself to his passion: music.

A self-taught and eclectic musician, he has explored a wide range of musical styles: rock and jazz drummer, percussionist specializing in Iranian and medieval music, singer in a men's choir, electronic musician, and sound improviser for theater, dance, and storytelling.

Drawing on this rich musical diversity, he developed what would become his main activity with Duo SOMA: that of a singer-songwriter. He has registered around one hundred songs with French Society of Authors, Composers and Music Publishers.

In 2018, Emmanuel published "The Bleeding Man" a philosophical and poetic autobiography exploring the symbolic dimension of blood. <https://emmanuelsala.com/fr/portfolio-23300-portfolio>

TECHNICAL SPECIFICATIONS

CONTACTS

PRODUCTION

“Poésie du Ventre” association

5 sq Henri Delormel, 75014 Paris, FRANCE

Siret : 47925403900023- principal activity : 9001Z

French performance licence :

L-R-25-2729 / L-R-25-2730

CONTACT

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www.duosoma.com

TECHNICAL SPECIFICATIONS

For Ile de France region interventions, we have our own fully self-contained sound system and can perform in all types of venues.

Setup time: 2 hours - Teardown: 1 hour

Stage area: 3x3 meters minimum

For other places :

we will contact the venue manager directly to arrange our arrival.