



Jose Parra


CLOWN, ACTOR AND THEATRE MAKER

I was born in Bilbao, where I studied IT. In 2001, I moved to London, and in my late 20s, I discovered the performing arts, inspired by clowns like Avner the Eccentric and Fraser Hooper. After learning circus skills and beginning performing in Covent Garden, I went on to train for three years at the Desmond Jones School of Mime and Physical Theatre, and the International School of Corporeal Mime. Later, I discovered the Pochinko technique and fell in love with clowning. In 2010, I joined Moving Pieces, drawn to the idea of creating theatre based on the actor's personal universe.


I've worked with artists like Jonathan Young or Jamie Wood, with whom I have recently collaborated on the creation of my solo show, Tomatoes Don't Fly. I've performed for both adult and family audiences at festivals and venues, which include Stroossefestival (Luxembourg), Festival Danse (France), Festival of Social Science (University of Holloway, London), Amman Children's Museum (Jordan), Brighton Fringe, Fringe Theatrefest (UK), and London International Clown Festival, among others.

Additionally, I've worked professionally as a Clown Doctor for 15 years with the Theodora Foundation, initially in the UK, and since 2022 in Barcelona, where I now live. I was one of Theodora's trainers in the UK for 5 years.

 **Barcelona**

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 **info@joseparra.net**

 **www.joseparra.net**

● SKILLS

- Physical theatre & mime
- Clown & comedy
- Improvisation
- Circus skills

● LANGUAGES

- Bilingual English and Spanish
- Catalan B1

● OTHERS

- Driving License

● PROFESSIONAL TRAINING

● MIME AND PHYSICAL THEATRE

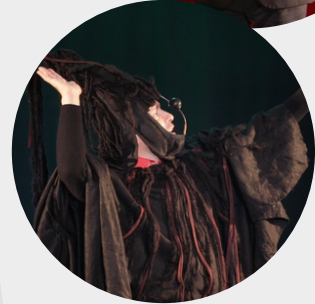
- 2003-2004 Desmond Jones School of Mime and Physical Theatre
- 2005-2006 International School of Corporeal Mime

● CLOWN

- Clown Lab, Caroline Dream
- Fooling, Jonathan Kay
- Clown Through Mask, Jonathan Young
- Clown & Comedy, Mick Barnfather (Ecole Philippe Gaulier)
- Clown & Play, Jamie Wood
- Clown, Fraser Hooper
- Introduction to Clown, Gerry Flanagan

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● OTHERS

- Comedia Dell'arte, Pietro Mossa
- El Cuerpo Sonoro, Jacques Lemetre, Teatro du Solei
- Theatre of the Oppressed, Cardboard Citizens
- Skinner Release, Alex Crowe
- Physical Theatre and Mental Health, Moving Pieces
- Body Psychotherapy, Merete Holm Brantbjerg
- Gestalt, Gestalt Centre London
- Positive Psychology, Online

● PROFESSIONAL EXPERIENCE

● THEATRE FOR ADULTS

- **Tomatoes Don't Fly** - Cia Jose Parra - Directed by Jamie Wood. A playful, and joyful, one-person show that invites us all to redefine the limits of our identity, beyond the constraints of gender, or any other category. Link to teaser and QR code: <https://vimeo.com/993622065?share=copy>
- **Total Eclipse** - Moving Pieces Collective – Directed by Jonathan Young - Clown duo about grief. It toured festivals and theatres in the UK in 2018 and 2019 and it was acclaimed as a masterpiece of physical theatre by Broadway Baby at Brighton Fringe.
- **Life is Hard** – Moving Pieces Theatre Collective – Directed by Jonathan Young and Charlie Blowers. A short theatrical presentation.
- **On&Off - Bimbilibausa Theatre** – Directed by John Mowat - Festival of Social Science - A mime piece commissioned by the Royal Holloway University about privacy and the internet .
- **Control Freaks** – Festival Danse (Francia) - Installation.



● CLOWN DE HOSPITAL

- **Since 2011 – Theodora Foundation – Clown Doctor - www.theodora.org.uk**

We, the Giggle Doctor of the Theodora Foundation, are professional artists who adapt our artistic skills to work in hospitals, aiming to make the stay more humane for children and their families. I used to work for the Theodora Foundation in the UK, and now I work for the Theodora Foundation in Spain where I now live.



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● CHILDREN AND FAMILY SHOWS

- **Circus of Games** - Open Blue Theatre – Directed by Elisa Gallo - Street theatre show that was shown at Greenwich Festival as part of the artistic program of the 2012 Olympics in London and Stroossefestival (Luxembourg) among other.
- **The Mad Professor** - H2oh! - Helen Day - Amman (Jordan) Amman Children's Museum.
- **Holyday Parks UK Tour** - H2oh! - Helen Day - Street theatre show.
- **Celebrity Circus** - Ministry of Fun - Reino Unido Tour - Circus.
- **Freedom of the Seas** - Ministry of Fun - Cruise - Walkabouts
- **Circus Sensible - United Kingdom**- Circus shows and workshops.
- **The Magic Suitcase - United Kingdom** - Children's circus and comedy show.



● WORKSHOPS

- **2014 – 2019 - Fundación Theodora - Theodora Foundation - Artistic Coordinator and Trainer** - For five years, I was one of two artistic coordinators in the United Kingdom. We were responsible for quality control, ongoing training, and the training of new Giggle Doctors.
- **2010 – 2020 - Moving Pieces Collective** - Physical Theatre Workshops - I have collaborated with the founder, Charlie Blowers, in the development of the company and assisted in the creation and facilitation of workshops that use physical theatre to explore mental health.
- **Clown Workshops** - My workshops are an invitation to rediscover ourselves, beyond the labels that define us, whether it's gender, profession, cultural heritage, or personality traits. Participants immerse themselves in the world of clowning, not just as a comedic character, but as a vehicle for authenticity and emotional connection.
- **Improvisation Workshops** - These workshops are an opportunity to return to childhood for a moment, and connect with wonder, innocence, imagination, creativity, and, ultimately, our confidence to dance with uncertainty.



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