

Ahà! Collective, Creating in Balance

“From fear to creation”

THE AHÀ COLLECTIVE

We are a newly formed collective, united by the exploration of how bodily and mental awareness can create space for creative processes and artistic actions to emerge from a balanced inner place — starting with individual awareness and expanding into group connection.

We observe and guide the audience to adopt an attitude of awareness while in any activity.



We reflect on postural and movement habits that affect our breathing, nervous system, musculoskeletal system, and our responses to colleagues and the environment





We start from giving **time** and **space** to observe how we are and how we would like to be, allowing each person's authentic expression to flourish and for something "unknown" and "true" to emerge.



Guided constructive rest, we allow the nervous system to reset



"Hands on" guide from the teachers to recognize what happens in the body while recreating daily activities



We make an invitation to work with the space around, from a new inner place of saying **NO** to the unnecessary



Gentle internal guidance that calms the nervous system, promotes freer breathing, and fosters an attitude of balance.

<https://www.youtube.com/watch?v=mq8NQqPvMwA>

- 1'54" - 2'2" How we use hands on to guide a person to a more conscious way of being
- 7'10" - 7'19" Explanation and room to explore how the body - mind structure works

Marta Atcher Soler

Marta is a baroque violinist and certified Alexander Technique teacher from Catalunya, living in the Netherlands since 2013. She studied classical and baroque violin at Conservatorium Maastricht and Conservatorium van Amsterdam, performing in renowned venues with ensembles like Vespres d'Arnadí and Bach Collegium Barcelona. Her interest in bodymind balance led her to train as an Alexander Technique teacher, supporting musicians' health and creativity. Marta developed "Before the Sound", a program for healthy ensemble practice, and now teaches at the Amsterdam AT Center while leading workshops in Catalonia and the Netherlands.



Laura Bello Castro

Laura Bello is a Colombian violinist and certified Alexander Technique teacher based in The Hague. After studying in Bogotá and earning a Master's degree at Utrecht Conservatory, she built a career combining performance and education across Colombia, Venezuela, and the Netherlands. Her work integrates music and somatic education, focusing on body awareness and emotional well-being as foundations for artistic expression. Laura has led socially oriented programs like "Tocar y Luchar Cafam" and speaks internationally on self-care in pedagogy. She currently teaches violin and somatic coaching in her private studio in The Hague.



Eduard Marcet

Eduard Marcet is a multidisciplinary violinist from Barcelona who sees music as a journey of self-discovery and sharing. He has performed across Europe in orchestras, chamber groups, and multidisciplinary projects, including musical theatre and shows for young audiences. Passionate about pedagogy, he teaches the Suzuki Method and has led projects like Riborquestra, which uses music for social cohesion. Trained in the Alexander Technique in the Netherlands, he integrates it into his teaching to support musicians' well-being. Eduard also collaborates with actress Jessica Walker, exploring presence and communication in art.

