

Lupan Raluca

Lecturer professor, PhD

1. PERSONAL INFORMATION

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2. RESEARCH INTERESTS

- Acting methods
- Stage movement
- Body movement
- Dance and dance theatre

3. ARTISTIC STATEMENT

Theatre and movement is life. As a movement teacher, I believe the body is both an archive and an instrument—storing memory, emotion, story, and potential. My practice is rooted in the conviction that movement is a language we all speak, even before words. I teach not simply to train technique, but to awaken awareness, cultivate presence, and guide individuals toward an embodied understanding of themselves and the world.

Each class is a laboratory for discovery, where structure and spontaneity coexist. I draw from diverse modalities—dance, somatics, improvisation, and physical theatre—to create spaces where students can explore movement as a means of expression, healing, resistance, and transformation.

My work is informed by the idea that movement education is a political act. In a world that often demands disconnection, to move freely, to feel deeply, and to take up space with intention is radical. I aim to foster curiosity over perfection, resilience over rigidity, and community over competition.

Ultimately, I see movement as a form of remembering—of who we are, how we relate, and what we are capable of becoming. As a teacher, I hold space for that remembering, and for the creative fire that comes when bodies, breath, and imagination meet.

4. EDUCATION

2012 – 2018 **PhD in Theatre and Performing Arts.** Faculty of Theatre and Film, Babeș-Bolyai University, Romania. Thesis: Distanța minim necesară față de rol în spații performative de dimensiuni mici. Coordinator: Prof. univ. habil dr. Miklos Bacs

- 2009-2012 **MA in Theatre and Performing Arts.** Faculty of Theatre and Film, Babeş-Bolyai University, Romania. Dissertation: 4.48 „ridicați Cortina, vă rog”. Coordinator: Prof. univ. habil. dr. Laura Pavel-Teuțișan
- 2006-2009 **BA in Theatre and Performing Arts.** Faculty of Theatre and Film, Babeş-Bolyai University, Romania. Dissertation: „Elemente de construcție a personajului shakespeariean. Visul unei nopți de vară.”. Coordinator: Prof. univ. habil. dr. Laura Pavel-Teuțișan
- 2002-2006- BA în Business School, Babeş Bolyai University, Romania.

5. ACADEMIC POSITIONS & EMPLOYMENT

2012 – present day-Lecturer professor. Faculty of Theatre and Film, Babeş-Bolyai University, Romania.

2012-2016- ACTOR/ PERFORMER/TRAINER/ CO-Founder of cultural association „CREATE. ACT. ENJOY”. Trainer for artistic and theatre programs for non-professionals. Trainer for „Terapie prin artă” program, Cluj Napoca

2018- 2019 Trainer for „ACTIVE POWER SOLUTIONS” Company., Târgu Mureș

2018-2021- Trainer for „ALLEGRIA” Theatre School, Cluj Napoca

6. PUBLICATIONS

6.1. Books

Șerban, Andrei, ACADEMIA ITINERANTĂ „ANDREI ȘERBAN”- CARTEA ATELIERELOR, Volumul coordonat de Monica Andronescu și Cristiana Gavrilă

Cuprinde texte de Peter Brook, Corina Șuteu, Tatiana Niculescu Bran, George Banu, Nicky Wolcz, Mircea Cantor, Sanda Manu, Ion Caramitru, Alice Georgescu, Cătălin Ștefănescu, Marius Manole, Ana-Ioana Macaria, Andreea Bibiri, Lucian Maxim, Cosmina Stratan, Bogdán Zsolt, Lupan Raluca

6.2. Peer-reviewed journal articles

Lupan, Raluca, TO CURATE A PART OF ONE’S SOUL. TRANSPLANTING A PERFORMANCE IN THREE (RADICALLY) DIFFERENT SPACES, Studia Universitatis Babes-Bolyai - Dramatica Issue

Year: 62/2017 Issue No: 2Page : 173-186 English, 2017

Lupan, Raluca, RENCOUNTING ONESELF. RESHAPING THE BODY-MIND UNITY IN THE ACTING CLASSROOM, Studia Universitatis Babes-Bolyai - Dramatica Issue Year: 64/2019cNo: 1Page Range: 165-176 English, 2019

Savage Staging (Savage/Love Performance). Staging Absence in The Pursuit of Physical and Tactile Extension of the Self. Reflections On the Social Crisis of Love Relationships, Colocvii teatrale, Issue Year: 2021/Issue No: 31, Page Range: 113-131, Page Count: 19, Language: English, 2021

THE BODY’S MEMORY ARCHIVES IN THE PROCESS OF GENERATING AN AESTHETIC MOVEMENT AND `FLOW EXPERIENCES` FOR THE AUDIENCE IN THE PRODUCTION OF THE PERFORMANCE TXC -TOXIC (AFTER F. RICHTER’S PLAY RAUSCH), Journal: Studia Universitatis Babes-Bolyai - Dramatica, Issue Year: 66/2021 No: 2, Page Range: 173-185, Page Count: 13, Language: English, 2021

The trilogy of 'love' beyond beauty, truth and drama, Journal: Colocvii teatrale, Issue Year: 2021/ No: 32, Page Range: 72-81, Page Count: 10, Language: English, 2021

Metaphorographic - Performative Experiences In Performances: (In Between) Homes/ Ulysses and Thrill Me : The Story Of Leopold And Loeb, Journal: Colocvii teatrale, Issue Year: 13/2023/No: 2, Page Range: 103-111, Page Count: 9, Language: English, 2023

7. ARTISTIC PRACTICE

7.1. Artistic Production Credits

2025

Performer. 9 Ruşini şi alte tablouri scandaloase din istoria recentă a României. Teatrul Național „Lucian Blaga” - Cluj Napoca

Performer/Coreographer: „Savage/Love”-

Performer: Colective Performative Instalation. "Primăvara în Satul Românesc: Băbădula"
Performed by: Raluca Lupan. **Artistic Director:** Liviu Bulea. Project manager: Diana Moga

2025

Coreographer/ artistic manager. „Şi dacă... (studii de iubire)”, nonverbal performance- first year Acting Class, **Directed by:** Lupan Raluca& Cătălin Codreanu.
Coreography by: Lupan Raluca, Faculty of Theatre and Film, Cluj Napoca

2024

Artistic coodordinator, **Chicken Teryiaki**, Dance-Theatre performance,
Directing/Coreography: Hunor Varga, **Dramaturgy by:** Nagyosi Timea&Csog Brigitta,
Dramaturgy coordinator: Raluca Sas-Marinescu

2024

Artistic coordinator. **„Cine-i acolo?”(studii shakespeariene). William Shakespeare**
Directed by: Miriam Cuibus&Cătălin Codreanu

2023

Performer. The importance of being (de) LULU, performance in the artistic installation by LightsON Romania (Timișoara), **Concept and performing artist:** Lupan Raluca

2023

Performer/ dance-actor in the performativ symposium in the Ulysses project: European Odyssey, Produced by: Asociația „Create.Act.Enjoy”, **Directed by:** Andreea Iacob

2021

Toxic. Falk F. Richter. **Performed by:** Dragoş Maxim, Paula Trifu, **Directing:** Raluca Lupan&Cristian Grosu, **Coreography by:** Raluca Lupan, **Video design:** Cătălina Gherda

2019

Performer. Savage Love-Dance Theater performance. **Dramaturgy:** Alexandra Felseghi,
Concept/ directing/choreography by: Raluca Lupan, **Assistant director:** Iulia Ursa

2020

Performer, The Tunnel, short coregraphic dance film, **Produced by:** Lights On Romania,
Dramaturgy: Alexandra Felseghi, **Directed by:** Adina Lazăr, **Coreography by:** Raluca Lupan

2019 – 2020

Witch no 2, Straja- motion picture, **Directed by:** Rareș Stoica, **Produced by:** Persona Media Production

2013 – 2018

Bridget Jones. After the novel of Helen Fielding. Every day is a Bridget day (one woman show), Directed by/ Dramaturgy: Alexandra Felseghi, **Produced by:** Create.Act.Enjoy

2013 – 2016

Lilith (The devil's wife). After and idea by m.J. Weeks. A toast with the Devil, Directed by: Cristian Pascariu, **Produced by:** Create.Act.Enjoy

2016

Performer, Take 5- performance, **Dramaturgy by:** Alexandra Felseghi și Raluca Lupan, **Produced by:** Create. Act. Enjoy

2015

Performer/ dans-actor, Galaxy-dance theatre performance, Directed by: Cristian Pascariu, **Coregraphy:** Melinda Jakab, **Produced by:** Create. Act. Enjoy

2015

Woman survivor, after `Supraviețuitorii` by Anca Ștef, Raul Ștef, Directed by: Alexandra Felseghi, **Produced by:** Create.Act.Enjoy

2015

Performer/ dance-actor, Lost in Transition- dance theatre performance, Directed by: Alexandra Felseghi, **Coregraphy by:** Melinda Jakab, **Produced by:** Create.Act.Enjoy

2013

Woman, After a year, short film, Directed by: Cristian Pascariu

2012 – 2014

She (performer/dans-actor), This is my body. Come into my mind-dance theatre performance, Dramaturgy/Directed by: Alexandra Felseghi, **Coreography by:** Melinda Jakab, **Produced by:** Fabrica de Pensule/ Create. Act. Enjoy

2013

Performer/dans-actor, EvaDaDa-Balet in seven monologues, **Directed by:** Octavian Jighirgiu, **Coregraphy by:** Jakab Melinda, Performance produced in collaboration with Romanian National Opera of Cluj-Napoca and The cultural society „Filarmonia”, ONCJ

2012 – 2013

Frida's lover, Frida. Impresions- dance theatre performance, Directed by: M.C. Ranin, **Coregrafia:** Hugo Wolff, Teatrul de Artă Deva

2012

Cabalist, Nabucco` 12 (Nabucodonosor – four act opera) by Giuseppe Verdi, Directed by: Alexander Hausvater, **Conductor:** Adrian Morar
Coregraphy by: Melinda Jakab, Opera Națională Română Cluj Napoca

2011

Prof. Dr. Lobo, Zmeiada Spațială=adaptation for stage after „Enciclopedia Zmeilor” by Mircea Cărtărescu, Directed by: Cristian Pascariu, **Produced by:** Create. Act. Enjoy

2011

She, 4.48 Psychosis- one woman show, after 4.48 Psychosis by Sarah Kane, Adaptation and directed by: Alexandra Felseghi, **Produced by:** Create. Act. Enjoy
2010

7.2. Artistic Residencies & Workshops

2025

Residency at ArtSpace Gallery, New York (January 2025 - March 2025)

During this residency, I explored the intersection of visual art and performance, creating a series of interactive installations that engaged the local community. My work focused on themes of identity, memory, and transformation, culminating in a public exhibition and artist talk.

2024

Creative Expression Workshop, Art Institute of Chicago (June 2024)

Participated in an intensive week-long workshop focused on experimental techniques in mixed media art. Collaborated with fellow artists to develop new approaches to integrating digital and traditional art forms. The workshop included hands-on sessions, group critiques, and a final showcase of participant works.

8. GRANTS, FELLOWSHIPS & AWARDS

2022 – 2024 Member of the Research Project: Translations and Semi-Peripheral Cultures Worlding the Romanian Novel in the Modern Literary System, PN -III-P1-1.1.TE-2019-0946. Budget 100.000 €.

2018 – 2020 Member of the Research Project: ROMIMAG The Enciclopedia of Romanian Imaginaries. Historical Heritage, linguistic and cultural identities PCCDI-2017-0326, Contract: 49PCCDI/2018. Project Leader: Professor Corin Braga. Financed by UEFISCDI – Romanian Ministry of Research. Budget: 1.800.000 €

9. CONFERENCES & PRESENTATIONS

03/2022 online- platforma Microsoft Teams

Conferința internațională „Teatrul emergent: distanțare, interacțiune și reziliență în artelespectacolului din secolul XXI”, Conferința realizată de facultatea de Teatru a Universității Naționale de Arte „George Enescu” Iași, Centru de Cercetare „Arta teatrului-studiu și creație”, Cu sprijinul Institutului de cercetări multidisciplinare în arte a UNAGE, Secțiunea IV- Poetici coregrafice, vocale și performative emergente, Speaker: Raluca Lupan

2021 online

**The Viewpoints and Composition as performing art approach and actor training International Theater Workshop Forum, 2019 Cluj Napoca/ Timișoara
MAKING CONVERSATION PIECES-Corporeal & vocal communication workshop, Work demonstration/ curatorial trainer, Cluj&Timișoara, Centrul Cultural Urban, Art Encounters Foundation**

2018 Cluj Napoca

Colocviul Internațional „Local convertible values: international narratives of national literary history”/ „Valori literare convertibile. Narațiuni internaționale ale istoriilor literare naționale”

2017 București

Conference with the theme „Despre pedagogia artei actorului” and work demonstration „Formă, imaginație, emoție in the UNITER program entitled „În jurul Artei Actorului. Șapte zile, șapte lecții de teatru”, Centrul de Cercetare și Creație Teatrală „Ion Sava”

2015 Cluj Napoca

International encounters of Cluj- Our Europe, Trainer, Teatrul Național Cluj Napoca in collaboration with Create. Act. Enjoy

2015 Cluj Napoca

Badass Women- Key Speaker în cadrul evenimentului organizat Impact Hub Cluj, România

2015 Cluj Napoca

Toast Masters Cluj- Key Speaker

2013 Kerala, India

The whole world is a stage (ITFoK)- Kerala Sangeetha Natak Akademi. Dept. of Culture Govt. of Kerala

11. THESIS AND DISSERTATION SUPERVISION

2024

MA thesis. Mailgesa Dat, “Funcția corului în musical”. Faculty of Theatre and Film, Babeș-Bolyai University, Romania.

MA thesis. Alexandra Neag, `Aplicabilitatea metodei gestului psihologic în studii practice asupra dramaturgiei shakespeariene”. Faculty of Theatre and Film, Babeș-Bolyai University, Romania.

MA thesis. Josanu Alexandrina, `Body Mind`, Faculty of Theatre and Film, Babeș-Bolyai University, Romania.

MA thesis.

12.3. Memberships in professional associations

Member of the board. Cultural association „Create.Act.Enjoy” 2012-2018

Member of the board. Cultural association „Rondul de Noapte”- 2023-prezent

13. OUTREACH & PUBLIC ENGAGEMENT

13.2. Community engagement projects

2014 – 2017

Luna Creativă

Proiect inițiat de: Create. Act. Enjoy: Link <https://createactenjoy.com/luna-creativa/>

2012 – 2017

Terapie prin Artă: Link <https://createactenjoy.com/terapie-prin-arta/>

2015

Consumă Artă- Proiect by Create. Act. Enjoy

2016

**Teen Spirit Weekend- Prof. coordonator in collaboration with Reactor de Creatie si
Experiment and Conf. univ. dr.
Raluca Sas-Marinescu, Cluj Napoca, România
2015
Theatre for the young&Alpha Group, Create. Act. Enjoy, Cluj Napoca**