Abstract
The communicative competence of every human being is still the most important human condition today and is expressed through
the body's expressive potential. The body of a man or a woman, in his/her desire to communicate, has established throughout
history a chain of relationships with myths, everyday life and the psychic and physical development of artistic expressions. The
objectives of this paper are: a) to analyze the relationship between body and myth; b) to discern the relationships that are
established through bodily contact; c) to become acquainted with body techniques and their action within cultures. The research is
documentary, supported by theoretical and practical proposals that have been debated and experienced in expression workshops
and in Basic Elocution and Oral and Corporal Expression courses in the School of Social Communication, Universidad del Zulia,
and Expression workshops at the Escola de Expreisió y Psicomotricitat del Ayuntament in Barcelona, Spain

Keywords
Body techniques, expression, myth, body