

PlayMoves

Movement Workshop for Performance

Anna Yen

Dec 12-16, 2011

Mon-Fri, 9.30am – 1.30pm. Metro Arts Building, 109 Edward St, Brisbane. Australia

\$275 / \$225 Early Bird if paid by Nov 15, 2011

<http://www.playmoves.org>

This workshop is for performers, actors, directors, physical theatre devisors, drama teachers, and musicians. Our starting point is a focus on playfulness, presence, physical awareness, and 'complicity' with other performers. It combines the Awareness Through Movement work of the Feldenkrais Method with ensemble exercises and games in innovative ways to assist the performer expand creative and physical possibilities, and their ensemble skills. PlayMoves is inspired by the work of Monika Pagneux, a renowned European theatre teacher, whose quest is to awaken the performer, inviting the attentive and joyful performing physical presence that marries risk with vulnerability and self-confidence with authenticity. Wonderful writing exercises that begin from the physical, are integrated into this week.

This has been the most awakening and inspiring workshop I have attended in a while. Really wonderful." Actor. "An engaging variety of ways to instigate play from each of us. I enjoyed the alternation with Awareness through Movement sessions. This kept both the physical body lively along with the playful mind." Ruby, Aerial artist "I definitely have something to take back with me that will not only influence my methodology but things I can pass onto students." Actor / Drama Teacher / Director.

Anna Yen is a movement teacher, performer, director and Feldenkrais Method ® practitioner. Anna has trained regularly with Monika Pagneux in Europe since 1994. Anna's work spans theatre, contemporary circus, physical theatre, street theatre and film. Anna teaches in universities, communities, companies, festivals and schools. She received a Churchill Fellowship in 2002. A highlight of Anna's work is her acclaimed one-woman show "Chinese Take Away" and its film adaptation, which has taken her to festivals in Australia, Asia, Europe and USA.

All Bookings and Enquiries anna@playmoves.org or phone Anna 0417 623 886