

# PlayMoves

## Movement Workshop for Performance

**Anna Yen**

**July 10-11, 2010**

Saturday - Sunday, 10am– 5pm. Metro Arts Building, 109 Edward St, Brisbane.

**\$170 / \$140 Early Bird** if paid by June 11, 2010

<http://www.playmoves.org>

This workshop is for performers (actors, musicians, circus, singers, dancers, physical theatre, clowns), directors, movement and drama teachers. We will focus on playfulness, presence, physical awareness, and 'complicity' with other performers. It 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. It combines the Awareness Through Movement work of the **Feldenkrais Method** with ensemble exercises and games in innovative ways to assist the performer expand their creative and physical possibilities, playfulness, presence and ensemble skills.

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*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.*

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**Anna Yen** is a movement teacher, performer, director and Feldenkrais Method ® practitioner. Anna has trained regularly with Monika Pagneux in Europe since 1994. Anna work spans theatre, contemporary circus, physical theatre and film. Anna teaches in universities, communities, companies, festivals and schools. 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. **PlayMoves** has been run in Melbourne, Wollongong, Brisbane, Townsville, Cairns and Hobart. Anna is keen to share Pagneux's work and in doing so, deepen her research of how we as performers /creators can be more awake and present in every moment, ready to play.

**All Bookings and Enquiries** [anna@playmoves.org](mailto:anna@playmoves.org) or phone Anna 0417 623 886