

# PlayMoves

## Movement Workshop for Performance Anna Yen

**December 14-18, 2009**

Monday – Friday, 9.30am – 1.30pm, Metro Arts Building, 109 Edward St, Brisbane.

**\$250 / \$210 Early Bird if paid by November 23, 2009**

<http://www.playmoves.org>

This workshop is for performers, directors, movement and drama teachers & students.

We will focus on playfulness, presence and complicity. 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 Moshe Feldenkrais 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.” “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.” “I definitely have something to take back with me that will not only influence my methodology but things I can pass onto students.”*

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**Anna Yen** is a movement teacher, performer, director and Feldenkrais Method practitioner. Anna trains regularly with Monika Pagneux in Europe. Anna works in theatre, contemporary circus, physical theatre, film, visual art, and street theatre. She 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. Enquiries on how to purchase a DVD of the Stageplay of “Chinese Take Away” or its film adaptation: [anna@playmoves.org](mailto:anna@playmoves.org) .

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. **PlayMoves** has been run in Hobart, Melbourne, Wollongong, Brisbane, Townsville and Cairns.

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