

# PlayMoves

## Play, Awareness Through Movement, and Creativity Workshop

Facilitated by ANNA YEN

**Saturday October 27, 2018. South Hobart**

This one-day workshop is for people who want to explore awareness through movement, creativity, presence and the pleasure to play, with other people.

### PlayMoves

will include:

- ❖ movement sequences from **Feldenkrais Method's Awareness Through Movement**, designed to heighten the perception of one's body, rediscover an organic sense of movement with more ease
- ❖ games to invite our **playfulness**
- ❖ **group** exercises to explore what it means "to **be present**" and in "**complicity**" with others
- ❖ **rhythm** as a foundation for **creative play**
- ❖ a wonderful writing exercise that begins from the physical

**Awareness Through Movement**  
**Playfulness**  
**Creativity**  
**Connection**

**Date:** Saturday October 27, 2018  
**Time:** 10.30 am – 4.30 pm  
**At:** South Hobart Living Arts Centre, 14 Weld Street, South Hobart.  
**Workshop Fee:** \$95 / Australian Feldenkrais Guild Members \$90  
Early Bird Pre-payment by Sept 28: \$85 /\$80 AFG Members.

**Bookings: Pre-booking and prepayment are required for this workshop.** Please email Anna [anna@playmoves.org](mailto:anna@playmoves.org) or phone 0417 623 886 to register to book, and enquiries. Numbers are limited.  
**Payments:** Payment by direct transfer: **Account:** Anna Yen **BSB:** 064 131 **Account No:** 00655275.  
Please include your Name and "PlayMoves" with your payment, and email Anna to notify her of transfer.

### What to bring /wear:

Comfortable clothes to move freely in; yoga mat; towel; a contribution to shared lunch. And **curiosity**.



**Anna Yen** is a performer, director, writer, and Feldenkrais Method® practitioner. Her work spans theatre, contemporary circus, physical theatre, and film. Anna has taught for communities, companies, universities, schools and festivals, and facilitated PlayMoves workshops throughout Australia. Anna previously lived in Hobart and was a co-founder /performer with the Tasmanian Women's Circus & Horizon Circus, and co-ordinator / trainer of the Tas Youth Circus. Anna is currently Brisbane-based, an independent artist, a trainer at Vulcana Circus, and teaches Feldenkrais Method at the Qld Conservatorium of Music. She's received a Churchill Fellowship; a Creative Partnerships Art and Health (Qld) Award with Wesley Mission Brisbane/ Griffith University for their "Playful Engagement" project; a Matilda Award Commendation for her acclaimed "Chinese Take Away"; a Best Costume Matilda Award with GUSH Circus, and is a finalist for the 2018 Qld Premier's Drama Award for her play "Slow Boat". PlayMoves workshops are inspired by Anna's theatre mentor, Monika Pagneux. Photo of 'laughing red-headed woman': Robert Golden © International Feldenkrais Federation. Anna's website <http://www.playmoves.org>