



PlayMoves

**Awareness Through Movement, Play and Creativity
Workshop
with ANNA YEN
Saturday July 13, 2019**

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 the **Feldenkrais Method** designed to heighten the perception of one's body and rediscover an organic sense of movement with more ease and less tension
- ❖ 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 July 13, 2019
Time: 10 am – 4 pm
At: BrisWest Centre, 132 La Trobe Tce, Paddington, Brisbane.
Workshop Fee: \$97 / \$85 Early Bird Payment by June 13, 2019.

Bookings: Pre-booking and prepayment are required for this workshop. Please email Anna - anna@playmoves.org or phone 0417 623 886 to register to book. **Numbers are limited.**

Payments: Payment can be made by direct transfer: **Account Name:** Anna Yen **BSB:** 06 4131 **Account Number:** 00655275. Please include your Name and 'PlayMoves' with your payment.

What to bring /wear:

Comfortable clothes to move freely in, contribution to shared lunch if you can, and **curiosity.**

Anna Yen is a performer, theatre maker and Certified Feldenkrais Method® practitioner. Anna's work spans theatre, contemporary circus, physical theatre, and film. Anna has taught for communities, companies, universities, schools and festivals. She teaches Awareness Through Movement at the Qld Conservatorium of Music, is a trainer at Vulcana Women's Circus, was a guest trainer for Circus Oz's Strong Women Project 2015 & 2016, and a guest artist for YConnect at Yeronga High School, 2017. She is the recipient of a Churchill Fellowship; a Creative Partnerships Art and Health (Qld) Award with WMB / Griffith University for their "Playful Engagement" project; a Matilda Award Commendation for her acclaimed show "Chinese Take Away"; a joint recipient of a Matilda Award for Best Costume Design with Gush co-creators for "Monsteria"; and is shortlisted for the 2018 Qld Premier's Drama Award for her play "Slow Boat". Anna has taught PlayMoves in Perth, Townsville, Cairns, Melbourne, Maleny, Magnetic Is, Wollongong, Bellbrae and Brisbane.