

PlayMoves

Movement Workshop for Performance

WINTER WORKSHOP for PERFORMERS

Facilitated by Anna Yen

Sunday July 8, 2018

10am - 4pm

This workshop is for performers, actors, singers, circus performers, clowns, musicians, dancers, performance devisors, directors and drama teachers.

The program includes:

- ❖ **games** to invite our **playfulness** and the pleasure to be on stage
- ❖ performance exercises to explore what it means “to be **present**” and in “**complicity**” with other performers
- ❖ movement sequences from the **Feldenkrais Method** designed to heighten the perception of one’s self-use, rediscover an organic sense of movement with more ease and less tension, and discover options.
- ❖ **rhythm** as a foundation for **creative play**
- ❖ a beautiful **writing** exercise that begins from the **physical**

PlayMoves

is facilitated by theatre-maker, performer and Feldenkrais Method practitioner Anna Yen.

Our quest is to awaken the performer, inviting the attentive and joyful performing physical presence that marries risk with vulnerability and self-confidence with authenticity.

Dates: Sunday July 8, 2018

Time: 10 am – 4.00pm

Venue: BrisWest Centre, La Trobe Tce, Paddington, Brisbane. Qld. Australia.

Payment: \$100 / \$90 Early Bird Payment by June 8, 2018.

Aust Feldenkrais Guild and Vulcana members \$95 / \$85 Early Bird Payment by June 8, 2018.

Bookings: Pre-booking and prepayment are required for this workshop. Email anna@playmoves.org to book.

If this is your first time at a PlayMoves workshop, please include a brief bio and short statement on why you are keen to participate. Numbers are limited. Enquiries: Anna 0417 623 886, (07) 3846 1651.

Payments: Payment can be made by Direct Deposit -**Account** Anna Yen **BSB:** 06 4131 **Account Number:** 00655275. Please include your last Name and “PlayMoves” with payment.

Comments from PlayMoves participants:

"This has been the most awakening and inspiring workshop I have attended in a while. Really wonderful." Actor

"I feel as though I've been woken up - opened to new ways of being and reminded of others I'd forgotten." Musician

"Extremely valuable. Workshops like this one help to reaffirm one's creativity." Actor

Anna Yen is a performer, theatre maker, and Feldenkrais Method® practitioner. Her work spans theatre, contemporary circus, physical theatre, and film. Anna is the recipient of a Churchill Fellowship, a Matilda Award Commendation for “Chinese Take Away”, a Best Costume Design Matilda Award 2017 and Bank SA Best Circus Physical Theatre Weekly Award 2018 collaboratively with GUSH co-creators for “Monsteria”, and a Churchill Fellowship. She teaches Awareness Through Movement at the Qld Conservatorium of Music, is a trainer at Vulcana and was a guest artist for YConnect 2017. Anna performed in “The Serpent’s Table” Sydney Festival, ‘It All Begins With Love’, and “Monsteria” 2017 & 2018. She is short-listed for the 2018 Qld Premier’s Drama Award with her play ‘Slow Boat’. Anna has taught PlayMoves in Perth, Townsville, Cairns, Melbourne, Wollongong, Maleny Magnetic Island, Bellbrae and Brisbane. www.playmoves.org

