

PlayMoves

Movement Workshop for Performance

Facilitated by Anna Yen

BRISWEST Centre, 132 Latrobe Terrace, Paddington. Brisbane. Qld. Australia.

December 12 - 16, 2016

9.30 -1.30 pm

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

The program includes:

- ❖ 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** and the pleasure to be on stage
- ❖ performance exercises to explore what it means "to be **present**" and in "**complicity**" with other performers
- ❖ **rhythm** as a foundation for **creative play**
- ❖ **writing** exercises that begin from the **physical**

PlayMoves

is facilitated by Anna Yen and 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.

Dates: Monday December 12 – Friday December 16, 2016

Time: 9.30 am – 1.30 pm

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

Payment: **\$325 / \$275 Early Bird by Nov 18, 2016.** Aust Feldenkrais Gld Members: \$300 / \$250 Early Bird

Bookings: Pre-booking and prepayment are required for this workshop. Please email annayen@ozemail.com.au to book. If this is your first time at a PlayMoves workshop, please include a brief bio and a short statement on why you are keen to participate. Numbers are limited. Anna's SMS / Mobile 0417 623 886, landline +(61) 7 3846 1651.

Payments: Payment can be made by Direct Deposit - **Account Name:** Anna Yen **BSB:** 06 4131 **Account Number:** 00655275. CBA. Please include your name with payment and inform Anna by email that payment has been made.

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

Announcement: Insuring Failure – Clown Workshop Dec 13 -15, 2016. 2.30 – 4.30pm. Led by Anna Yen and Jeff Turpin.

Pre-Requisite : Willingness to enjoy pleasure in failure; and participation in PlayMoves Dec 12 -16. 2016.

Payment \$125 / \$90 Early Bird by Nov 18, 2016. AFG Members \$110 / \$80.

Anna Yen is a performer, writer, director, movement teacher and Feldenkrais Method @ practitioner. Her work spans theatre, contemporary circus, physical theatre, and film. Anna is the recipient of a Churchill Fellowship and a Matilda Award Special Commendation. Anna's acclaimed film / stage play "Chinese Take Away" has taken her to festivals around the world. She teaches Awareness Through Movement at the Qld Conservatorium and is a trainer at Vulcana Women's Circus. Anna clowns with the "Playful Engagement" Project, performed in "The Serpent's Table" Sydney Festival 2014 and "If All Begins With Love" Oct/Nov 2015. Anna has taught PlayMoves in Perth, Townsville, Cairns, Melbourne, Wollongong, Maleny and Brisbane. www.playmoves.org

