

# PlayMoves

## Movement Workshop for Performance

Facilitated by Anna Yen

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

**December 11 - 15, 2017**

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:

- ❖ **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**
- ❖ **writing** exercises that begin from the **physical**

## PlayMoves

is facilitated by performer and Feldenkrais Practitioner Anna Yen. It is inspired by renowned European theatre teacher Monika Pagneux. Our quest is to awaken the performer, inviting the attentive and joy performing physical presence that marries risk with vulnerability and self-confidence with authenticity.

**Dates:** Monday December 11 – Friday December 15, 2017

**Time:** 9.30 am – 1.30 pm

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

**Payment:** \$325 / \$275 Early Bird by Nov 16, 2017. Aust Feldenkrais Guild Members \$308 / \$262 Early Bird

**Bookings:** Pre-booking and prepayment are required for this workshop. Please email [annayen@ozemail.com.au](mailto: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 12 -14, 2017. 2.30 – 4.30pm.** Led by Anna Yen & Jeff Turpin.

Requirement: Participation in PlayMoves Dec 11 -15. 2017, **and** willingness to find pleasure in public failure.

Clown Workshop Payment \$125 / \$95 **Early Bird** by Nov 16, 2017 **AFG Members \$110 / \$88 Early Bird**

**Anna Yen** is a performer, writer, director 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 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 of Music and is a trainer at Vulcana Women's Circus. Anna performed in "The Serpent's Table" Sydney Festival 2014 and "It All Begins With Love" Oct/Nov 2015. Anna has trained extensively with Monika Pagneux and has taught PlayMoves in Perth, Townsville, Cairns, Melbourne, Wollongong, Maleny, Magnetic Island and Brisbane. [www.playmoves.org](http://www.playmoves.org)

