

PlayMoves

Movement Workshop for Performance

Facilitated by Anna Yen

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

January 4 - 8, 2021

9.30am - 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. The Awareness Through Movement explored will be based on the popular 'Wake Up!' sequence.
- ❖ **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 January 4 – Friday January 8, 2021

Time: 9.30 am – 1.30 pm

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

Payment: \$325 / \$295 Early Bird by December 4, 2020

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 January 5 – 7, 2021. **2.30 – 4.30pm.** Led by Anna Yen & Jeff Turpin.

Requirement: Participation in PlayMoves January 4-8, 2021, **and** willingness to find pleasure in public failure.

Payment for Clown Workshop Jan 5- 7 - \$125 / \$100 Early Bird by Dec 4, 2020.

- ❖ **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 her acclaimed "Chinese Take Away", a Best Costume Design Matilda Award with GUSH co-creators for "Monstera", and a Churchill Fellowship. She teaches Awareness Through Movement at the Qld Conservatorium of Music and is a trainer at Vulcana Circus. Anna performed in "The Serpent's Table" Sydney Festival, "It All Begins With Love", and "Monstera" 2017 / 2018. She was a Finalist for the 2018 Qld Premier's Drama Award. Anna has taught PlayMoves widely in Australia. www.playmoves.org

