

PlayMoves

Movement Workshop for Performance

Facilitated by **Anna Yen**

December 14 -18, 2020

9.30am - 1.30 pm

VULCANA MOVEMENT STUDIO

400-420 Lytton Road, Morningside. Brisbane, QLD.

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**
- ❖ a beautiful **writing** exercise that begin from the **physical** (all within a Covid-Safe plan)

PlayMoves

is facilitated by performer and Feldenkrais Practitioner, Anna Yen. It is inspired by the work of renowned European theatre teacher Monika Pagneux. 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: Monday December 14 – Friday December 18, 2020

Time: 9.30 am – 1.30 pm (includes a morning tea /snack break)

Venue:. VULCANA MOVEMENT STUDIO, 400-420 Lytton Road, Morningside. Brisbane, QLD.

Payment: \$320. 10% discount for members of MEAA Equity, Australian Feldenkrais Guild, Vulcana Circus. 1 discount per person. Full refund if workshop cancelled due to new COVID-19 Government Regulations.

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 email a brief bio and a short statement on why you are keen to participate. Anna's mobile: 0417 623 886. Feel free to call/sms about PlayMoves.

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

- ❖ **Anna Yen** is a performer, theatre maker, and Feldenkrais Method ® practitioner. Her work spans theatre, contemporary circus, physical theatre, and film. She teaches in communities, companies, schools, universities, festivals and privately. 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 "Monsteria", 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 Baran Theatre's 2019 "Tower of Babel" Brisbane, debase's 2019 "Concerto for Presto and Harmony" at the Shanghai International Arts Festival, CAAP / Griffin Theatre's "The Serpent's Table" Sydney Festival, Creative Region's 'It All Begins With Love' Qld Tour, and "Monsteria" 2017 / 2018. She was a Finalist for the 2018 Qld Premier's Drama Award with her play "Slow Boat". Anna has taught PlayMoves widely in Australia. www.playmoves.org

