

PlayMoves

Movement Workshop for Performance

Facilitated by **Anna Yen**

December 16 - 20, 2024

9.30am - 1.30 pm

VULCANA MOVEMENT STUDIO

400-420 Lytton Road, Morningside. Brisbane, Queensland, Australia.

This workshop is for performers, actors, singers, circus performers, clowns, musicians, dancers, 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, invite an organic sense of movement with more ease, and to explore options.
- ❖ **rhythm** as a foundation for **creative play**
- ❖ a beautiful **writing** exercise that begin from the **physical**

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 16 – Friday December 20, 2024**

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

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

Fee: **\$395 / \$345 Early Bird Payment by Nov 11, 2024.** Vulcana members discount \$30 off.

Bookings: Pre-booking and prepayment are required for this workshop. Email annayen@icloud.com 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 is 0417 623 886 if you have questions.

Payments: Direct Deposit to Anna Yen **BSB:** 06 4131 **Account Number:** 00655275. Or PayID is Anna's mobile. 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 an actor, 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 teaches Awareness Through Movement at the Qld Conservatorium of Music. She was in La Boite Theatre / STC's "The Poison of Polygamy", debase Productions' "Death in A Statesman" and "Concerto for Presto and Harmony", Baran Theatre's "Tower of Babel" Brisbane, CAAP / Griffin Theatre's "The Serpent's Table", Creative Region's 'It All Begins With Love' and "Monstera". She will be in Embodi Theatre's "Al May" at PIP Theatre in October 2024. Anna is the recipient of a Matilda Award for her acclaimed "Chinese Take Away", a Costume Design Matilda Award with GUSH co-creators for "Monstera", and a Churchill Fellowship. Her play "Slow Boat", produced by Playlab Theatre, premiered at the Brisbane Festival 2022, for which Anna was Movement Director. <http://www.playmoves.org>

