

Workshop Grundtvig



TEATRO STUDIO

teatro studio



Teatro Studio - ARCI  
Via Ugo Bassi, 72  
58100 GROSSETO

# “THEATRE COMMUNICATION. HUMAN RELATIONSHIP AS AN EVOLUTIONAL ELEMENT.”

Playing, performing, moving in a new way with body, voice, words, space and rhythm



July 13th 2011 - July 21st 2011 Tatti - Massa Marittima (GR)

## Workshop

This workshop is offered to those who are interested in deeper understanding and discovering the possibilities of **“integration” on different levels**: personal, collective, environmental, through body language, breathing, text reading, vocalization. The Participants, through propaedeutic theatre performances, will experiment with movement (improvised, aware, expressive), contact with others through creative and interactive activities (physical contact, breathing, reacting), vocalization, rhythm and music, performing and improvising. They will be guided to face directly themes such as creativity, transformation, relationships.



# The Theatre

The Theatre is considered both a way of learning and an artistic and expressive form. It allows the individual to experiment with his/her **relation to others** on physical, emotional and energetic levels. The Theatre allows us to deal with our resistances and to loosen our knots.

Playful activities, work with the body, and the broadening of our expressive experiences allow the individual to evolve, changing his/her way of looking at the other.

**Our aims are**, among other things, to improve the integration and mutual understanding among participants, and to develop new ways of collaboration and human relationship



## Participation

Up to 20 participants are admitted with full scholarship and reimbursement of travel expenses. Scholarships are available for citizens of EU member states and of Iceland, Liechtenstein, Norway, Turkey, Switzerland, Macedonia, Croazia and Malta; Italian citizens (no more than 6) are eligible to participate in the workshop but cannot be funded through the Grundtvig Programme; they must contact us for further information about course, accommodation and meals fees.

The participants will have a full board treatment in country resorts:

**Podere Campopiano** (place of lessons)

Loc. Podere Campopiano, 6 - 58040 Tatti (Grosseto)

[www.poderecampopiano.eu](http://www.poderecampopiano.eu)

**Nocini di Maremma** (very close to Podere Campopiano)

Strada dei Nocini – 58040 Tatti (Grosseto)

[www.nocinidimaremma.it](http://www.nocinidimaremma.it)

Contacts: Massimo + 39 333 738 0778

email [info@poderecampopiano.eu](mailto:info@poderecampopiano.eu)

Language: English/Italian

Contacts details:

Language: English, French, Deutch

**Mario Frascetti** 0039.349.7351977

[grundteatrostudio@gmail.com](mailto:grundteatrostudio@gmail.com)

Language: English, Italian

**Francesca Mengoni** 0039.334.8962335

[grundteatrostudio@gmail.com](mailto:grundteatrostudio@gmail.com)

## Applications

Those interested in participating should send:

1) short CV in English

2) A motivation letter explaining the interest of the candidate in this workshop to:

Teatro Studio Arci [grundteatrostudio@gmail.com](mailto:grundteatrostudio@gmail.com)

After the CV and the motivation letter have been reviewed we will send a positive or negative reply. Those accepted will receive all other information needed in order to participate.



# DAILY PROGRAMME WORKSHOP ACTIVITIES

Day	Date	Programme
Arrival	July 13th	settling in the rooms and inspection of the place. The activities begin in the evening with a first group meeting and welcome dinner
1	July 14th	Workshop (3 hours in the morning and 3 hours in the afternoon) Morning: expressive movement, interactive games to initiate a positive dynamic in the group Afternoon: Body and voice improvisations in order to loosen psychophysical knots (individual and group exercises); yoga (relaxation, asanas, breathing, concentration). The aim is to obtain body and mind awareness and energy balancing.
2	July 15th	Workshop (3 hours in the morning and 3 hours in the afternoon) Morning: expressive movements on music and relationship between body and voice Afternoon: theatre preparatory study (Boal theatre of the oppressed) and the personal masks. Individual and group improvisation; yoga (relaxation, asanas, breathing, concentration). The aim is to obtain body and mind awareness and stabilize the energy.
3	July 16th	Workshop (3 hours in the morning and 3 hours in the afternoon) Morning: Expressive movement, body masks analysis in order to build new characters. Expressive use of voice Afternoon: Experiencing a different form: " theatre of the oppressed" (statue theatre, image theatre.); yoga (relaxation, asanas, breathing, concentration). The aim is to obtain body and mind awareness and energy balancing.
4	July 17th	Free time activities: Tour in the area
5	July 18th	Workshop (3 hours in the morning and 3 hours in the afternoon) Morning: Expressive movement. Theatrical improvisation, style exercises Afternoon: Improvisation on a theme with the aim of preparing a performance; yoga (relaxation, asanas, breathing, concentration). The aim is to obtain body and mind awareness and energy balancing.
6	July 19th	Workshop (3 hours in the morning and 3 hours in the afternoon) Morning: Improvisation on a theme with the aim of preparing a performance Afternoon: reversal in group of a performance; yoga (relaxation, asanas, breathing, concentration). The aim is to obtain body and mind awareness and energy balancing. Evening: Performance open to a selected audience
7	July 20th	Workshop (3 hours in the morning and 3 hours in the afternoon) Morning: Experiences sharing among the participants, using photo language technique. Afternoon: Continuance of the experience sharing through photo language; yoga (relaxation, asanas, breathing, concentration). The aim is to obtain body and mind awareness and energy balancing.
Partenza	July 21th	The workshop ends. Departures organization

Minor changes in the previous schedule can be decided by the group leaders. After lunch time it's possible to attend Italian Language Lessons.