

Workshop Overview

The workshop begins with a guided warm-up to prepare both body and mind for the work ahead. Core exercises focus on developing presence, responsiveness, and grounding on stage.

Participants engage in group, pair, and solo work, exploring three levels of attention: the self as an individual, the self in relation to others, and the self in relation to space. Drawing from principles of theatre anthropology, the training includes the creation of physical and vocal scores and the exploration of their interconnection.

Inspired by the tradition of Third Theatre, physical actor training — including dance and work with sticks or various objects — plays a central role in sharpening the actor's awareness and readiness. This opens space for creative material to emerge, encouraging participants to develop original work free from clichés.

Another key element is collective singing, rooted in Slavic tradition. Through simple multi-voice songs, participants deepen their awareness of their voice, body, and ensemble — no prior singing experience is required.

Practical information

- *Aimed at:* performing artists (actors, dancers, musicians, etc.) of all ages with some experience.
- *Nº of participants:* Between 5 and 16 participants, plus up to 5 observers (negotiable depending on available space).
- *Duration:* 3 days, 3 hours per day (other options are available).

The organisers must provide:

- *Workspace:* Minimum 6 x 8 metres with a ceiling height of at least 3 metres.
- *Sound:* A good sound system with an input and a mini jack cable.

Participants' tasks:

- Each participant must bring a short, memorised text (approximately 10 lines) and wear comfortable, dark-coloured clothing without prints.



Actress & Singer