



LumparLab Teaterförening rf

01 - 04 August 2011 on Föglö, Åland

The Body in Space

A workshop with Annabel Arden, Complicite (UK)

for actors, dancers, pedagogues, directors.

Organised by **LumparLab (FIN)**

Every day we move through different spaces, and, as we do so, our bodies change in response to these changing surroundings.

This workshop will give participants an opportunity to explore the effects different environments have on their bodies, and how these effects can be harnessed and used in creating theatre.

Over the course of the workshop, participants study the neutral mask, a **Lecoq** technique used to find neutrality, and then build character. They will also try to understand the natural rhythms of their own performance, and of the group, and how these can be played with in improvisations, creating hugely different moods just by adjusting rhythms slightly.

Working in different spaces, particularly outside and around entrances and exits, participants will be able to construct their own environments to further explore their findings.

Annabel Arden always begins with the body. In addition to her training at **Lecoq** and **Philippe Gaulier**, she is an experienced **Feldenkrais** practitioner and begins each day physically preparing to work. Among other things, breathing exercises, centring the body and gentle warm ups will be involved, in an attempt to enhance the experiential understanding of and connection to the body which is essential for a skilled performer.

At the moment there's nothing you need to do to prepare. Annabel may want everyone to bring a story with them, which could be used in improvisations, but most of the work will be about examining what comes naturally to each member of the group, and how to use and transform these tendencies.

Annabel Arden is an actor, director and co-founder of Complicite. She has taught extensively for Complicite and many others including Philippe Gaulier School, NT Studio and DV8. Annabel is interested in exploring performance with singers and has taught at the Royal Opera House and ENO. Her recent directing credits include Glyndebourne, Houston Grand Opera, Opera North and ENO. Earlier this year Annabel and Annie Castledine directed Thomas Bernhard's last play Heldenplatz at the Arcola Theatre. <http://www.complicite.org>

Practical info:

PARTICIPANTS

A maximum of 12 participants.

APPLICATION PROCEDURE

Please send us your artistic CV and a short letter of motivation, reasoning what is your special interest in this laboratory and what will be your main focus or goal in your working process.

WORKING LANGUAGE

The working language will be English. On stage every artist may speak in his mother tongue.

VENUE

Degerby/Föglö (Åland Islands) Our lodging is in a friendly guest house with bedrooms for two persons. Full board is provided. The working space is within 3min. walking distance from the guest house – a large hall with a wooden floor and a stage.

FEE

The price of 650 Euro will cover the seminar, lodging and full board.

For further information about the seminar and application, costs and possible assisted funding, please contact:

LumparLab

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