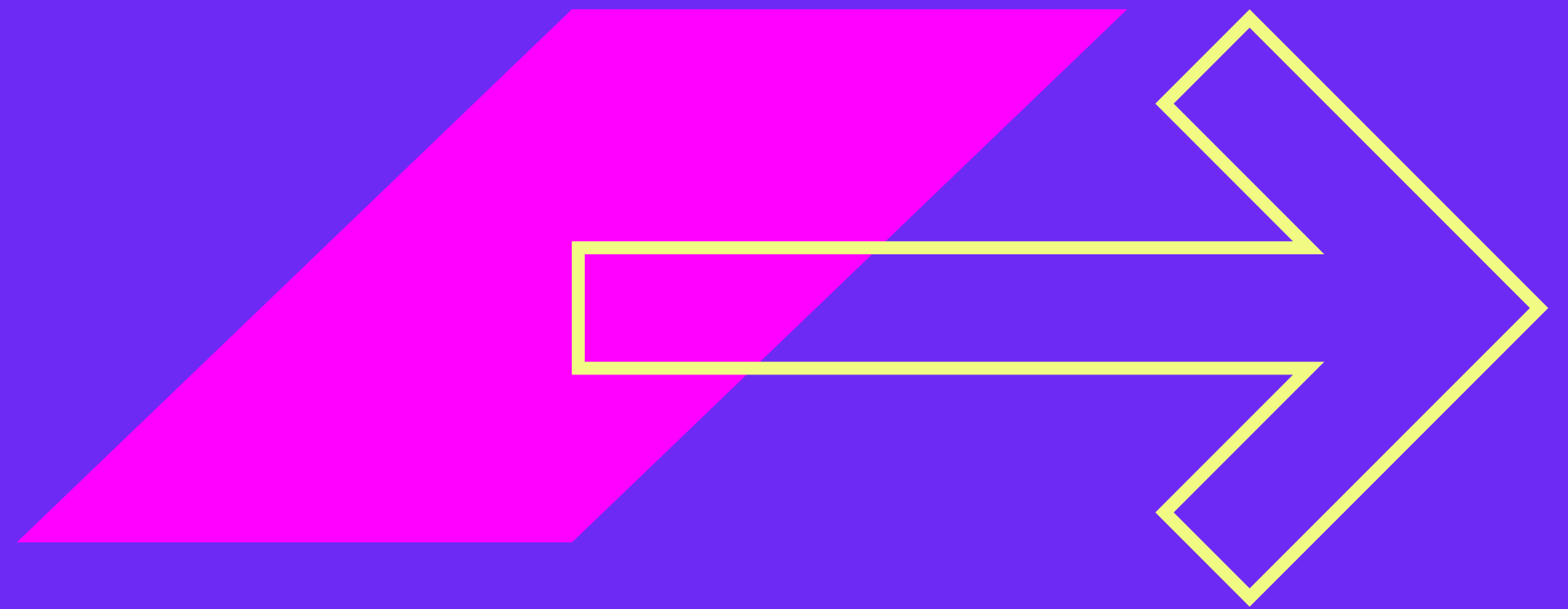


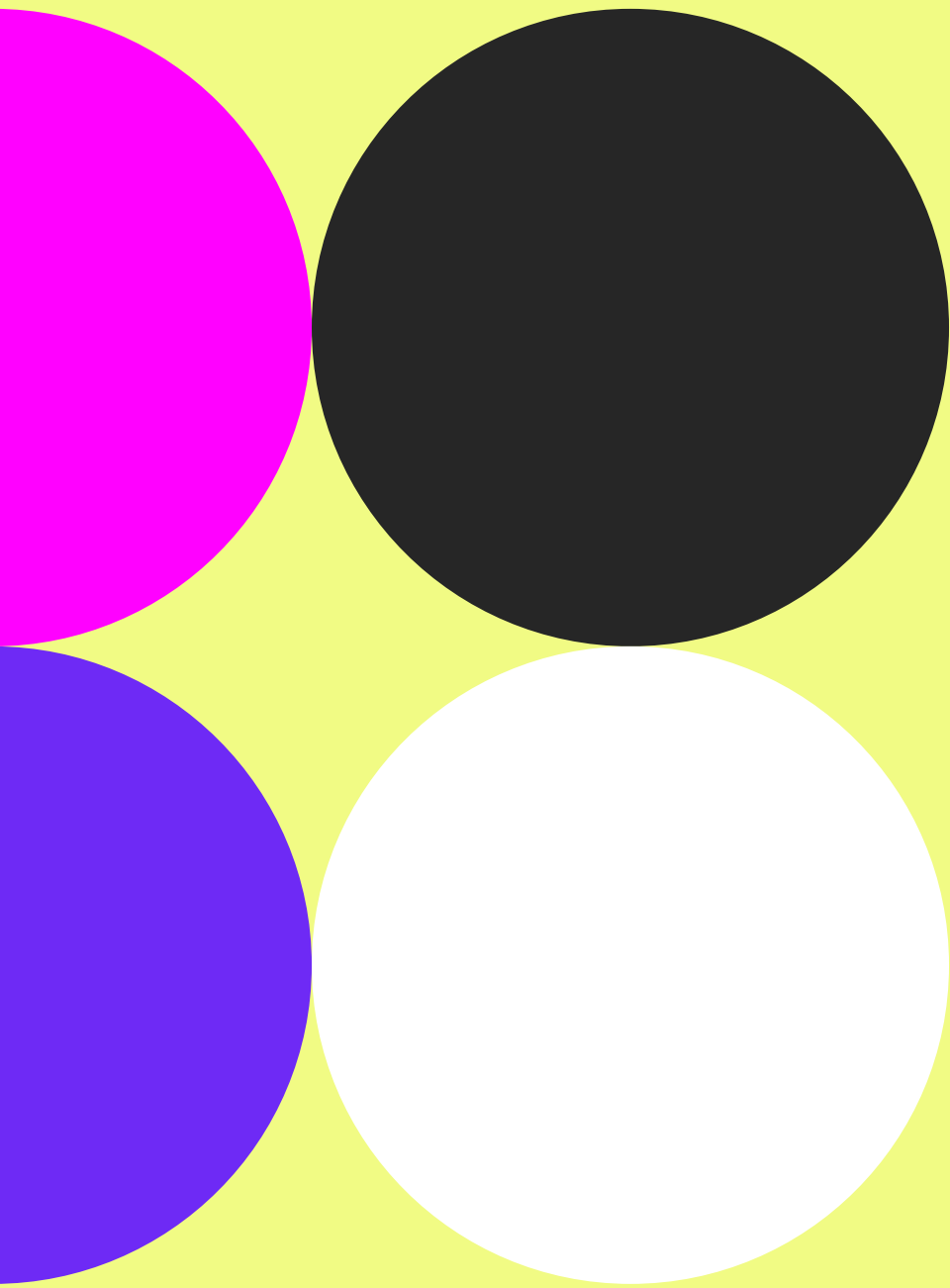
Physical Theater Lab



MICROMOMENTS OF EMPATHY

Workshops
Paris, France





Physical theater workshops for adults who have at least basic experience with movement theater and/or contemporary dance.

6 days - 48 hours of classes in La Guillotine (Paris)

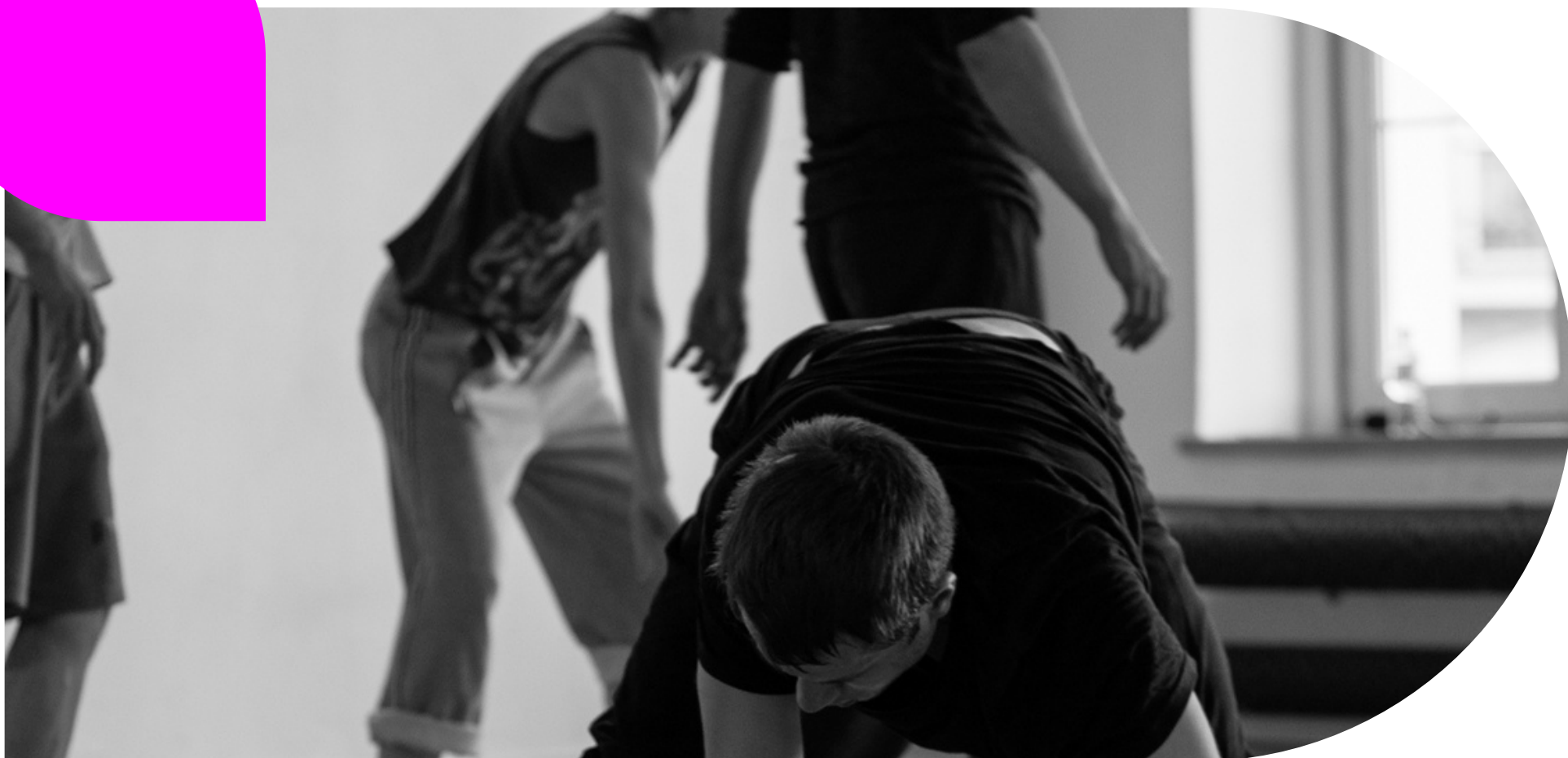
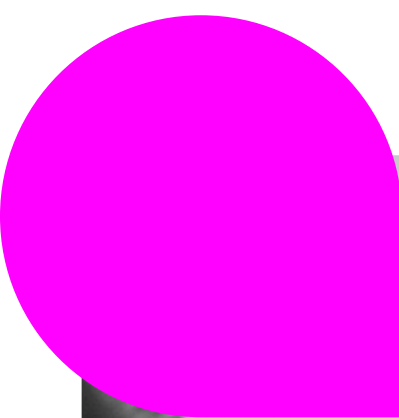
ABOUT

We would like to propose 6 days of intensive physical theater workshops.

The participants will get 48 hours of classes that will be focused on exploring different ways of moving and communicating through movement, learning different techniques for creating physical characters, focusing on the use of body language, posture and movement to convey personality and emotion. They will gain the ability to tell the story using their body.





Physical theater course, Sztuka Nowa association, Warsaw 2019



You will learn how to work with your body, and how you can use it to help express yourself.

The summary of the workshop will be a work show (performance) built on the basis of the research.

The performance will be recorded and edited by the production company "Agatha films". The video material will be shared (without any additional fees) with participants after the workshop so that they can use it in their portfolios.



Discover the expressive power of your body.

Learn the beauty and poetry of movement. Unleash your creativity and let your body speak!



Physical theater course, Sztuka Nowa association, Warsaw 2018

Micromoments of empathy.

The foundations of the old world are crumbling. We are facing ecological, technological and social challenges. Our reality is changing, and it's not a matter of hundreds of years, it's a matter of the days.

In this reality, we ask ourselves about our place in this world of piling up crises. As individuals, we do not have the ability to process so many negative situations, which we have no chance to do anything about - their solution lies far beyond our horizon of influence.

The answer we want to propose and explore during the workshops is **EMPATHY**. Specifically, its micro manifestations in everyday life. If we learn to open up to another person, listen to their breathing, to the rhythm of their body, if we find those brief moments when we become a community, wouldn't we get a small step closer to overcoming the challenges we face?

THEME



METHOD

We work with the method of physical theater derived from the tradition of Jerzy Grotowski.

We cooperated for many years with Dawid Żakowski, who in turn was a member of Piotr Borowski's theater, one of the three main continuators of Grotowski's legacy.

We treat our work as a continuous study of the acting method. We organize open workshops because we believe that the development of technique can take place by opening research to new people, influences and sensitivities.

We invite you to join our research.

Leaders



Agnieszka Grądziel

A teacher of the Meisner technique and physical theater. During her two-year didactic work in Paris, she drew attention to the growing interest in Jerzy Grotowski's method among the artistic community in Paris. A graduate of the University of Warsaw, where as part of her master's thesis she studied the development of the Meisner technique under the supervision of Professor Leszek Kolankiewicz.



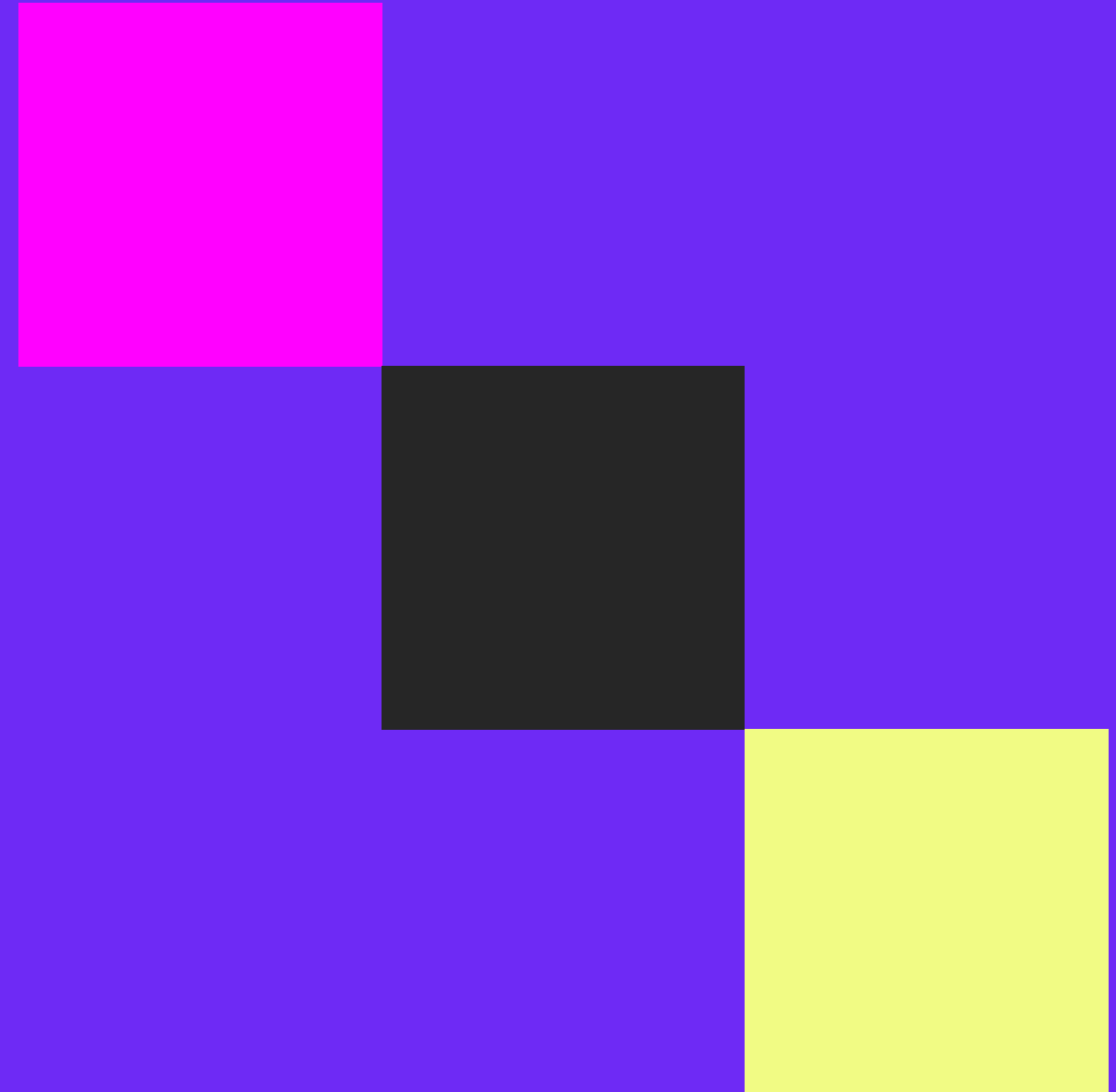
Maciej Tomaszewski

Vice-president of the Sztuka Nowa Association, where he has been working with Jerzy Grotowski's method for over 10 years, developing it creatively. He runs numerous physical theater workshops and has participated in several performances using this method. A graduate of Master's studies in Theater Studies at the National Academy of Dramatic Art in Warsaw, where, as part of his master's thesis, he studied the achievements of contemporary continuators of the Grotowski method.

La Guillotine

It is a place with a rich history, which is important for both the Polish and French tradition of physical theater. Jarosław Fret, the director of the Grotowski Institute in Wrocław, assisted in its establishment of La Guillotine, and Zygmunt Molik (a member of the Grotowski ensemble) and his student Parente Jorge taught classes there.

Wanting to continue this tradition, we decided that this is also the right place for us.



Price for participation in a 6-day
workshop (48 hours of lessons)

450 €

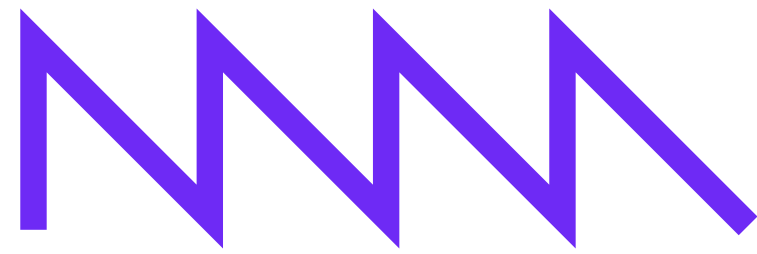
Write to us about the reservation:
embodyworkshop@gmail.com

Limit of participants: 12. The order of
applications decides.

In order to reserve a place, a payment of
40% of the workshop price is required.



Physical theater course, Sztuka Nowa association, Warsaw 2018



Sign up now!

Push your physical limits and discover new ways of expression!

