



PlayMoves

Movement Workshop for Performance

29 - 30 September 2018

Facilitated by Anna Yen

This workshop is for Circus WOW participants, performers, clowns, musicians, moving human beings, and creatives of all levels of experience. You will learn performance skills and stage craft, so that you can contribute more to shows you are in with more experience, and build on the pleasure of performing and creating.

PlayMoves is facilitated by circus / physical theatre performer, director, theatre maker and Feldenkrais Method practitioner Anna Yen. 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.

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, rediscover an organic sense of movement with more ease and less tension, and discover options
- Rhythm as a foundation for creative play
- A beautiful writing exercise that begins from the physical

Dates: Saturday and Sunday, 29-30 September 2018

Time: 10.30am – 4.30pm both days

Venue: Switchfit Gym, Montague Street, Fairy Meadow

Cost: \$70.00 for current Circus WOW members or \$80.00 for workshop and membership

Booking: Numbers are limited. Participants need to attend both days. Pre-booking & payment are required for through Trybooking at <https://www.trybooking.com/XMLD>

PLEASE NOTE: All new members are required to complete the WOW Adult pre-exercise form via www.circuswow.org.com.au

"This has been the most awakening and inspiring workshop I have attended in a while. Really wonderful."

"I feel as though I've been woken up - opened to new ways of being and reminded of others I'd forgotten."

"Extremely valuable. Workshops like this one help to reaffirm one's creativity."



Anna Yen is a performer, theatre maker, clown, writer and Feldenkrais Method® practitioner. Her work spans contemporary circus, physical theatre, street theatre, and film. Anna is the recipient of a Churchill Fellowship, a Matilda Award Commendation for “Chinese Take Away”, a Best Costume Design Matilda Award 2017 and Bank SA Best Circus Physical Theatre Weekly Award 2018 collaboratively with GUSH for “Monstera”, and a Churchill Fellowship. She teaches Awareness Through Movement at the Qld Conservatorium of Music, is a trainer at Vulcana and was a guest artist for YConnect 2017. Anna performed in “The Serpent’s Table” Sydney Festival, ‘It All Begins With Love’, and “Monstera” 2017 & 2018. She is a Finalist in the 2018 Qld Premier’s Drama Award with her multidisciplinary play ‘Slow Boat’. Anna has taught PlayMoves in Perth, Townsville, Cairns, Melbourne, Wollongong, Maleny Magnetic Island, Bellbrae and Brisbane. www.playmoves.org

Anna Yen

Enquiries via Circus WOW Facebook Page or contact Gabrielle 0402403 335 or Libby 0432 456 731



Circus WOW



@circuswowillawarra



circuswow.org.au