



RESIDENCY – LABORATORY

“THE ACTRESS AND ACTOR CREATORS”

This is a Residency - Laboratory destined to actresses and actors trained or in training, who want to investigate the relationship with creation, and get in touch with their own sensibility, their own creative essence. A space-time to accept ourselves, to know and recognize ourselves.

To create it is necessary to know who we are.

Our territory, from where we create it: our body, voice, energy, history, culture, wound, pain, fear, abandonment, falling in love, passion.

An actor trains, knows himself, works, widens his own limits daily ...To create he needs to know who he is and have something to say, an organic need or a personal wound, through which he can navigate or dive....

CONTENT:

WHO WE ARE - TO RECOGNIZE OURSELVES - WE ARE OUR OWN INSTRUMENT - RAW MATERIAL

ACTOR'S TRAINING. THE ACTOR AND HIS BODY. THE ACTOR'S VOICE.

CREATION: THE GAME - CREATIVE FREEDOM - 4 principles to be our own creators: Open our eyes, Propose, name and translate

GENERATE MATERIAL. TRIGGERS: ACTION - TEXT - IMAGES - THEMES

WEAVING: THE ACTOR'S DRAMATURGY

CREATIVE CONSTRUCTION. ASSEMBLY.

OVERARCHING OBJECTIVE: *To provide participants with a genuine and experiential experience in relation to the creative development of the actress or actor through their own body, their own emotions, their own imagination and sensitivity that holistically shape it as a TOTAL expressive instrument for creation.*

SPECIFIC OBJECTIVES:

- *Stimulate Self-acceptance and honesty in the work.*
 - *To unblock the body-mind separateness.*
 - *To generate or nurture daily self-discipline.*
 - *Encourage personalization at work.*
 - *Continually go beyond the limitations of one's own Self.*
 - *To be part and all at the same time.*
 - *To generate a body-mind in determined life: dilated, present, alive, creating.*
 - *To react to stimuli organically as a whole.*
 - *To generate an ethical and genuine commitment to work without which everything would be empty and meaningless.*
 - *To experience a discipline that limits us and makes us free.*
-

NEEDS:

A ventilated room, wide enough for 16 people, suitable for bodywork and with an adequate floor. It must be cleaned daily before each session. It must be private, with no view from the outside (glass, windows, etc.) and no mirrors. Bathrooms and dressing rooms. Mineral water and glasses. Laptop with USB reader. Participants must bring a written text of at least 10 lines.

IMPORTANT:

Students must have 80% attendance to complete the course. There will be 10 minutes of tolerance from the initial schedule (for any involuntary delay), then no one will be allowed to enter the working space.
