



Workshop by Linda Olthof on Physical Actions

“The body has no memory. The body is memory”

A two day workshop for actors and dancers in which I want to work towards the creation of a physical poem.

Learning the geography of the body, which is not simply doing exercises, but involves active awareness. What I do, is not train certain parts of the body, but liberate the body. In other words, give it the chance to live and be personal.

I begin with movements in the standing position and then develop into floor work.

In my work with actors and dancers I'm inspired by Zygmunt Molik from Grotowski's Laboratory Theatre and Jan Fabre's Troubleyn VZW

Outline:

*day one 11 am – 4 pm:*

Warming up

Plastic exercises

Floor exercises

Improvisation within a structure (precision and form versus stream of life)

Improvisation with objects. Bringing the object to life.

- The object as a technical object
- The object as an extension of oneself or one's emotions
- The object as a person
- The imaginary Object

*day two 11 am – 4 pm:*

Warming up

Body and emotions

Improvisation with objects in duo's

Montage of a story developed out of the improvisations with object and partner

Presentation

Date: 11- 12 August - 2010 \$100

Call 212-929-2545 for enrollment or email [info@theaterlabnyc.com](mailto:info@theaterlabnyc.com)