

Course Title:

Physical Theatre & Play

Physical Theatre and Play:

The instrument of the actor is the body, inclusive of breath, voice and movement. When our instrument is tuned we have the tools to play a wide range of theatrical styles and characters. In order to fully embody a character, it is important to be aware of our own habitual patterns of movement and speech. It is essential to train our physical bodies in order to expand our range of movement and express gestures that may be different than our own. In this workshop we will focus on physical training that includes strength, flexibility, endurance, rhythm and dynamics of space. We will explore applying this physical training to playing characters, scenes and improvisations. The workshop will be a safe environment to play, expand one's vocabulary and take risks.

Please wear comfortable clothes you can move in. Accommodations and adjustments will be made for people who have specific physical needs.

Level:

Beginner - Experienced. (All levels of experience welcome.)

Instructor:

Leslie Felbain

Tuition:

\$150

Max Class Size:

24

Class Times:

Saturday, June 24 - Saturday July 1

Saturday and Sunday Classes will be full day classes (approx 10am to 6pm with a 1 hour lunch break) and weeknights will be approximately 6:00pm to 10:00pm.

More specific times will be announced after registration. It is expected that students be present during the entire workshop. Times and location are subject to change somewhat, DATES are not.

Location:

TBD

Instructor Bio:

Leslie Felbain is a director, teacher and performer who creates and adapts works for circus, dance and theatre. She has toured internationally as a solo performer. After completing her graduate studies with Jacques Lecoq and Serge Martin, she remained in France as a core member of *le dal Theatre*. She speaks several languages and her work focuses on cultural influence on gesture and communication. Leslie is the Co-director of Infinite Stage and a faculty member in the School of Theatre, Dance, and Performance Studies at the University of Maryland. She taught in the MFA program of the American Conservatory Theater for twelve years, developing the Physical Theatre and Theatrical Styles curriculum. In addition to her work in performance Leslie is a certified teacher of the FM Alexander Technique and Cranio-Sacral Therapist, Somatic Experience Practitioner, and teacher of Mindfulness meditation.

Required Reading:

None