

LIQUID WAY TO ACTION
-BEFORE WE ARE SWALLOWED-
Studio Matejka physical theatre Summer Workshop



Photo by Karol Jarek

Through a laboratory model that seeks to break the borders between dance and theatre. The workshop will focus on elements of physical training integrating both disciplines into one complex performing capacity. The skills and the motivations behind the movement is groundwork of our practical research.

We will experience the process of transforming ideas, images and feelings into the language of physical theatre. As part of a regular training we will use dance, movement and marshal arts techniques alike contact improvisation, aikido, partnering, grounding and floor work, plastics and anatomy, flocking and other group improvisation techniques. We will transform the spoken words into the movements and from the movements we will recreate the words.

We will look closely into the details as they evolve, to recognize our sensory-motor patterns and be able to overcome them. Only by recognizing our patterns we can aim to break through them and free up our creativity.

The remarkable power of this Polish forest forcing us to remain in silence, to take a deep breath and ask oneself the questions you might not have the time to face in the turmoil of our everyday life. *What is it that we really need?*

Is it the latest smart phone, a better TV, greater success in our work?

What is important to you and what might just be a fake seductive layer that steals our time and life?

These thoughts shape this year's creative motif of the workshop:

Before we are swallowed ...



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It is an open title for individual interpretation on base of which participant's will be asked to bring images and short text for further development.

Our workshops are always tailor-made. We adapt our methodological experience to the abilities of our participants and address the areas they can grow in, both at the physical, theoretical or emotional stage.

The practice will:

- stimulate your imagination and creativity
- balance muscle power and explore levels of body tensions
- intensify sensitivity and listening using partner and group relations
- evolve links between training, creative improvisation, composition of actions to performing structures
- expose original creative tools
- contribute to performer's authentic performance
- nurture a respectful and focused work environment

The workshop is open to dancers, performers and those who are looking for reliable tools for personal artistic expression. Participants will be asked to bring material based on the topic of the workshop (a picture and short text).

The workshop is restricted to a limited number of participants!

Location

The work session will take place in Brzezinka in the historical forest base of The Grotowski Institute, located 46 km from Wrocław. The Brzezinka forest base began as a renovation project by *Jerzy Grotowski and The Laboratory Theatre* in 1971. The renovated farm building, surrounded by 10 hectares of forest, now contain a theatrical space, studio spaces, and full living accommodations.

Fee

550 EUR - application & down payment before **25 March 2018**

700 EUR - application & down payment between **26 March and 23 April 2018**

750 EUR - application & down payment between **24 April and 25 May 2018**

500 EUR - discount for limited participants from **Poland**

The fee includes accommodation in the Brzezinka forest base, organized transport between Wrocław and Brzezinka, and meals for the entire period of the work session.

Please fill online [application form](https://goo.gl/forms/jNw070b3L0Wika8k1)
(<https://goo.gl/forms/jNw070b3L0Wika8k1>) and send your CV
to studiomatejka.workshops@gmail.com.

You can pay the workshop fee by money transfer to Studio Matejka Foundation's account: PL51114020040000371203720117 or by cash in Brzezinka if you have made the required advance payment earlier.