



Theater Clown Workshop ***Thessaloniki 01 - 05 October 2018***

Methodological Description

Our educational approach is based on the clown code of the faculty of internationally renowned French theater teacher **Philippe Gaulier**. The basis is game, simplicity, truth, generosity. In the ten years of our common teaching, we have incorporated many elements from our personal experience in theater, but also from our common quests. In this way, our own clown approach and a fresh way of teaching, which combines a deep knowledge of the clown's theatrical code with a continuous internal spiritual quest, was finally formed.

Observing the process of our students, we realized how healing is this education at the spiritual level, as it brings us in touch with our true self. To get to the discovery of my clown, I need to make a deep introspection, empty the canvas from so much information and the space that will be created to fill it with innocence, light, love. To reveal the diamond that is in the core of my being. The clown with the innocent and pure qualities is inviting us, it can become a path that awakens us at different levels.

Our understanding, after so many years, has led us to enrich education with new exercises we have invented and to give an approach that apart from the technique, it has elements of introspection, deep and from the heart of communication with everyone and with the whole group, ultimately seeking this essence, which makes us real people.



Francisco Brito - Nandia Kavoulakou

Day 1

Circle of acquaintances

Circle of peace and relaxation - relaxation exercises

Group games of acquaintances - Breaking the ice and seriousness

Introduction to the red nose - first contact with the world of the clown through games and basic exercises

Explore: walk and sounds

Introduction to the comic simplicity and code of the clown - examples

Exploratory improvisations of comity

The discovery of the audience

Circle of sharing and queries

Day 2

Circle of peace and emptiness

Concentration and Trust Exercises - call to here and now

Group games of vigilance and spontaneous release

Exploring the imagination and the body's humor and voice

Exercises for presence and comfort on the stage

Communication with the public - contact with our truth - openness and generosity

Identifying and realizing the peculiarities of each, which are tools for the clown

Assign a theme for a suit

First simple solo improvisations

Circle of sharing and queries

Day 3

Circle of peace and emptiness

Exercises for deeper engagement and bond the group

Group games for lightness and disposition

Body warm-up - research for comic qualities and gathering

Introduction to clown logic: a world without data - its problem and its solution - reversal of data

Search for the "off-balance" situation



Mr. Flop: Clown's best friend. How do you play with failure? Reception of public response - hot and cold showers
Presentation of the costume and "interview"
Circle of sharing and queries

Day 4

Circle of peace and emptiness
Physical contact and warm-up in couples - development of communication and conspiracy (collaborator)
Group games for fun and energy upgrading of joy and give away
Exercises for free flow of emotions - processing the whole range of emotions in a game
Search sensitivity through improvisational exercises
Fixed point - timing
Introduction to the duet code
Duet improvisations
Circle of sharing and queries

Day 5

Circle of peace and emptiness
Energy exercises and visions
Group games and body warm-up
Work on "impulse"
Exercises "Sudden Death" - save your life!
Work with an object
Open lesson to the public: exercises and improvisations with solo and duet
Closing circle: total sum-up and farewell ceremony

Looking forwards to host you in Thessaloniki Greece for this special workshop of joy, knowledge, skills improvement, and deep understanding of oneself and others !!

Any Information needed contact:

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