


action theater™ fundamentals
sten rudstrøm

30.01. – 20.03.2014



**you don't have to know what to do, you only
have to notice what you are already doing**

This series of evening classes offers a training in the basic concepts of Action Theater improvisation. Action Theater™ is a training system in physical theater improvisation that builds vocal, verbal and physical performance skills, hones awareness and increases expressive range. We open the door into embodied presence and explore the agility of the imagination through exercises that are simple, playful, and challenging. The focus is on the inescapable musicality of the moment-to-moment experience, solo/ensemble/duet work, and the sound and language that originates from the body.

Meeting biweekly, every two weeks on Thursdays, from 6p to 7:30p. On the weeks inbetween, Thursday evening sessions from 6p to 8p are lead by experienced Action Theater students for the practice of the exercises learned the previous week.

4 x 1,5 hrs instruction **30.01 | 13.02. | 27.02. | 13.03. 2014**

4 x 2,0 hrs practice **06.02. | 20.02. | 06.03. | 20.03. 2014**

14 hrs of Action Theater

Cost: 60 € | drop-in available for 10 € per class or practice session

Mime Centrum Berlin – Studio 2 | Kunstquartier Bethanien | Mariannenplatz 2 | Berlin X-Berg

