

Friday, August 12, 2016

The Whole Self in Performance

Company: Anabella Lenzu/DanceDrama

► [Share](#) | [Print](#) | [Download](#)



Todd Carroll

DanceDrama Labs Workshop Series Presents:

The Whole Self in Performance: Voice, Story and Movement Workshop

September 9-11, 2016 (Fri from 6:30-9:30pm and Sat and Sun from 1-4pm)

at Culture Hub (47 Great Jones St, New York, NY 10012)

FACULTY: ANABELLA LENZU and ANNA HAYMAN.

Expand your craft, technique and creativity in an exclusive, personalized, tailored program.

This is an opportunity for dancers, actors and performers to develop their potential on both movement and theater performance skills and connect both to become more authentic, expressive performers.

Explores the principle: Motion Creates Emotion /Emotion Creates Motion, and emphasizes the use of imagination, interpretation and body coordination and control.

Our emphasis is on the journey rather than the destination, on understanding the impulses generated by movements and gestures. This workshop develops alignment technique and an understanding and consciousness about time, space, and use of energy/dynamics/effort elements. Proper technique is the foundation for learning to perform and control the body, showing how to use one's muscles, achieve balance, and become aware of posture and placement.

The workshop will incorporate vocal production to understand how the voice and body are integrated into a healthy, expressive whole. Exercises in text, partnering, and theatre games will free uninhibited theatrical expression. Whether a seasoned or early-career performer, this workshop will leave actors and dancers with new confidence and inspiration in their performance practice.

info@AnabellaLenzu.com
http://www.AnabellaLenzu.com

Anabella Lenzu/DanceDrama
<http://www.anabellalenzu.com/workshops/>

For more information:
Anabella Lenzu
info@anabellalenzu.com
678

[< back](#)

[previous listing](#) • [next listing](#)