“The mime-performer is articulated, geometric, precise; his gesture is clean and essential; he doesn’t shout feelings, he doesn’t scream emotions, he portrays it on the body; his face is relaxed, but the eyes are alive! he doesn’t rely on facial expressions or on words to communicate; his text is a physical score; the drama is born from the struggle of his muscles; his weight lies on the edge of balance; he doesn’t have a name, past or future; he is present; when he walks, it’s like the whole humanity is walking; he is sculpture and sculptor; the mime-performer is alive, he is human, but he moves like a god.”

WHAT IS THE WORKSHOP ABOUT?

The workshop will be dedicated to the study and practice of Corporeal Mime Technique. Through technical and creative exercises, improvisations, ‘walks’, ‘figures’ and pieces of the repertoire, participants will learn the fundamental elements of the technique, improving their physicality and performance skills. The format of the training will enable them to continue practicing in the future; they will also experiment devising mechanisms using the technique, diving into the world of mime and movement-based theatre. All the classes will be practical.

Duration of the workshop: minimum of 4 hours.

“It is my desire that the actor accept the artifice and sculpt the air, making us feel where the line of poetry begins and where it ends.” - Etienne Decroux.
WHAT YOU WILL LEARN DURING THE WORKSHOP?

Training in Corporeal Mime will improve stage presence, precision, confidence in movement, balance, coordination, dynamics and rhythm, muscular tone and flexibility. At the same time, an understanding of the basic technique and style.

We’ll work on:
- Articulation of the body and space;
- Counterweights: creating actions of ‘push, pull, lift’;
- Dynamo-rhythms: playing with different rhythms in the movement;
- Walks
- Improvisations based on the technique;
- Figures (short movement sequences based on daily actions).
- Pieces of the repertoire of the technique.

WHO CAN COME TO THE WORKSHOP?

This class is suitable for both beginners and advanced corporeal mime lovers or professionals like dancers, mime artists, actors, choreographers, live/performance/action artists, visual artists, students of theatre and anyone willing to explore movement based theatre.

Over 16 years old.

In order to get the most from the workshop you should be able to:
- Follow spoken instructions
- Work within groups and pairs safely
- Be able to undertake a movement class

WHAT TO WEAR?

Tight workout/dancewear clothing or clothing that does not restrict movement and will allow your tutor to see your work more clearly.
Corporeal Mime, also known as Modern Mime, is a technique and an art-form. It was designed by Etienne Decroux (1898-1991) who dedicated his life-career researching and developing not only a technique for the actor, but an independent art-form, which he called “the art of the thinking body”. Having its own vocabulary and repertoire, Corporeal Mime is universal because it’s based on corporal expression. It places the physicality of the actor in the centre of creation and enables him to portray human’s behaviour from its most practical aspects to the most abstract and spiritual ones. Corporeal Mime continues evolving, passing through generations and influencing the world of the performing art.

“A man can exist without speaking; but he can not speak without existing. It is necessarily the body that appears first. The body is the essence, the body is what’s new and it’s the reason one comes to the theatre.”

“Mime is the art of the thinking body.”

- Etienne Decroux.