

Performance Lab Berlin

Shannon Sullivan – Artistic Director
Joey Juschka – Managing Director

www.performancelabberlin.com

Workshops

by *Performance Lab Berlin*

Performance Lab Berlin offers workshops in Improvisation and Physical Theater on a regular basis. These workshops are open for all levels from beginner to seasoned professional.

The training includes improvisation, movement and voice. The methods we explore are based on the development of moment to moment awareness, as well as achieving a balance between inner and outer awareness.

We define inner awareness as the ability to perceive your own physical and emotional impulses and to use these impulses creatively. Outer awareness is defined as your awareness of the others in the ensemble, the space, time and the structure of the composition itself.

We do not adhere to a pre-existing aesthetic; instead we explore universal principles of composition. The goal is to give each participant tools which help her come closer to her own creativity, her own individual voice.

The work is based on awareness, acceptance and specificity:

- Awareness includes awareness of your body and its physical and emotional impulses
- Acceptance means accepting the moment without judgment; recognizing and using what is already present
- Specificity refers to clarity; the elimination of everything but the essential; precision in your use of time and space

These tools increase the performer's expressive power. The techniques are equally challenging and applicable for professional performers and curious beginners.

The workshops take place in various formats, from weekend workshops, to bi-weekly trainings to month-long improvisation immersions.

More information on Workshops by *Performance Lab Berlin*:
www.performancelabberlin.com/english/workshops.html

Performance Lab Berlin:

Shannon Sullivan & Joey Juschka

Performance Lab Berlin – PF 580137 – D- 10411 Berlin, Germany – www.performancelabberlin.com