

Nicole Phaneuf
860-836-2034
nlpjdrf@gmail.com

Improvisation

Course Description: Improvisation is the practice of acting, singing, talking and reacting, of making and creating, in the moment and in response to the stimulus of one's immediate environment and inner feelings.
This will be explored throughout the class.

Class each day will consist of: 1) Meditation/Relaxation Exercises
2) Physical Warm-up
3) Content

My training in mediation and as a Reiki Master, along with my training as a dancer/mover will cover sections 1 & 2.

Content:

Weeks	<u>SECTION 1- Awareness of Body</u>
1.	Movement Choir- Laban Technique
2.	The Body Architecture
3.	Where Movement Originates- Exploring the Center
	<u>SECTION 2- Moving to Gain Possibilities</u>
4.	Dynamics, Body Position, Gestures *Paper Due on Awareness*
5.	Animal Explorations
6.	Laban- Kinesphere, Shape Change, Space
7.	Laban- Effort Explorations
	<u>SECTION 3- Application to the Actor</u>
8.	Haiku Explorations *Midterm*
9.	Communication through Movement Exploration
10.	Character Movement Repertoire
	<u>SECTION 4- Development of Character</u>
11.	Character Profile, Inward Reality *Paper Due on

12. Application*
Walk Exploration

13. SECTION 5- Motivation of the Character
Emotions Explorations
14. Essence Work (Time and Energy of Character)
15. Emotional Thread Essence *Paper Due on
Character*

Final

Outcomes: the student should be able to:

- * learn physical warm-up exercises for their bodies before performing
- * learn mental warm-up exercises for their minds before performing
- * explore their physical and mental capabilities from moment to moment
- * possess a confidence by the end of the semester to go in front others and speak
- * engage in improvisation games to enhance their comfort level
- * work with classmates on skits/scenes with defined characters

Grades: Grading will be based on attendance, class participation, tests and papers.