

## Improvisation

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 Application*
12.	Walk Exploration
	<u>SECTION 5- Motivation of the Character</u>
13.	Emotions Explorations
14.	Essence Work (Time and Energy of Character)
15.	Emotional Thread Essence *Paper Due on Character*

**\*Final\***

*Goals/outcomes:* The student should have a basic knowledge of theatre artistry including awareness of body, control, dedication, and concentration regarding the performing arts. A workshop class designed for students to gain confidence and development through improvisation.

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