



## Stundenplan Workshop Helmholtz-Zentrum Geesthacht 3rd – 5th December 2014

<b>1. Day</b>	<b><i>Room I, 1st Floor, right</i></b>	
9:00 - 9:30	Welcome	Monika Werner
9:30 - 10:30	Body and Movement	Regine Heiden
10:30 -13:30	Improvisation	Uli Meyer-Horsch
13:30 -14:00	Break	
14:00 -15:30	Voice and Breathing Control	Roberto Rigamonti
<b>2. Day</b>	<b><i>Room I, 1st Floor, right</i></b>	
9:00 - 11:00	Body and Movement	Regine Heiden
11:00 -13:30	Improvisation	Uli Meyer - Horsch
13:30 - 14:00	Break	
14:00 - 15:30	Voice and Breathing Control	Roberto Rigamonti
<b>3. Day</b>	<b><i>Room III, Ground Floor, left</i></b>	
9:00 – 11:00	Singing	Renate Pribert- Zimny
11:00 - 15:30	Improvisation Feedback incl. 30 min. Break	Uli Meyer Horsch
<b>15:30 End of Workshop</b>		

All classes are taught in English.

The Workshop includes the following classes:

**Core subject: Improvisation  
(Michael Chekhov – Method)**

This class aims, amongst other things, to stimulate imagination and spontaneity to help build confidence and authenticity when speaking in front of an audience in various situations.

Through role play participants learn in a playful manner about themselves and others. Their self perception and perception of the surroundings will be sensitised, trained and often corrected.

**Voice and Breathing Control**

Participants will work on controlling their voice and breathing, which will not only lead to clearer speech but will also enable more direct and authentic communication skills when in front of an audience, in an interview, or even in your private life.

Simple breathing techniques can also help calming your nerves.

**Body and Movement**

Not only are voice and breathing an actor's tools but controlling your body is equally important to tell a story or communicate effectively. Your inner composure shows on the outside.

**Singing**

Singing trains voice and breathing. Breathing techniques are hard work and very physical. This class is great fun and participants learn how easy it can be to open up.

In our workshops we teach the same acting methods that are being taught at German and International drama schools. Our classes are meant for adult participants from many different backgrounds and reasons for taking part.

We teach the craft of acting which is useful not only on stage but also in your professional and private life.

Our participants feel that the workshop is hard work but at the same time, through our playful approach, very enjoyable.

The technical exercises are easy to practise at home and we recommend you take notes.

Address: **Tanzstudio Marie Cougul, Hohenesch 13 – 17, 22765  
Hamburg, Telephone: Monika Werner 0049 173 2078460**

**Please bring comfortable clothes and indoor (sport)shoes with you. There will be changing rooms at the venue.**

Roberto Rigamonti, your tutor for Voice and Breathing Control, would also like each participant to bring a short text they have written about a part of their life, professional or private.

We will only have short breaks in between classes and half an hour for lunch where sandwiches, drinks and fruit will be provided.

Please arrive at 8.50am on the day, so we can start with our first class on schedule at 9.00am.

We wish all participants a day full of fun!