

MASTER IT

Monthly Drop - In Body Class



Theatre: the language of the body

TUTOR: Zsuzsi Soboslay

An ongoing skills maintenance class to support physical readiness for performance.

"The body reveals and conceals the mysteries of performance. This class will reinvigorate and supercharge the subtleties of your practice."

Work with one of Canberra's leading 'body in performance' practitioners. The class will help participants maintain 'performance ready' fitness, sharpen spatial and kinaesthetic awareness, develop rhythmic acuity, and include processes to clarify the friction between texts and subtexts. Develop Ensemble techniques and find key support for your own performance praxis, whatever your medium.

As with all classes practitioners from other disciplines [such as opera, instrumental music, and writing] are very welcome. Injuries or physical circumstances can be accommodated but we ask that you let us know prior to the class.

Zsuzsi Soboslay

Zsuzsi Soboslay (*The Chain Bridge; L'Optimisme*) has been involved in creative collaborations across art forms for over 20 years. Her work spans professional and community-based/participatory theatre, dance, music events, and script-based work. She was recently in London on a 3-month Australia Council Community Partnerships research grant, and has been a recipient of Residencies at Bundanon, ACT Artists-in-Schools, the NFSA and Gorman House's inaugural Ralph Indie program (2016).

DATES FOR 2016

Every third Wednesday of each month.

Time: 9:30am-11am

- Wednesday March 23rd
- Wednesday April 20th
- Wednesday May 18th
- Wednesday June 15th
- Wednesday July 20th
- Wednesday August 17th
- Wednesday September 21st

- Wednesday October 19th
- Wednesday November 16th
- Wednesday December 14th