

# playfulness & mindfulness

Improvising from the inside out



LA BÒBILA-Hospitalet

**BARCELONA**

from 24th to 28th July

**Contact:**

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Price 260€/220€ (before 1 June)

The workshop is based on structured improvisations in movement, sound and vocal explorations which provide a bridge to studies in performance and develop our sense of ensemble. To support the practice of improvisation, we work with meditation practice and awareness practices: in particular drawing from the dharma art teachings of Chogyam Trungpa Rinpoche and exercises in the tradition of the Naropa University Arts Training. Participants are at mixed levels of experience and some background in movement is helpful.

**STEVE CLORFEINE**  
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