



IMPROVISING FROM THE INSIDE OUT

**LA BÒBILA (Hospitalet-Barcelona)
from 4th to 6th March 2016**

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.

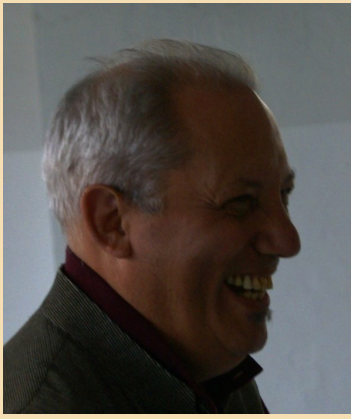
To support the practice of improvisation, we work with meditation practice and awareness practices: in particular drawing from the dharma art teachings of Chogyam Trungpa Rinpoche and exercises in the tradition of the Naropa University Arts Training.

Participants are at mixed levels of experience and some background in movement is helpful.

MORE INFORMATION

Price: 180 €(150€before 15th December)

INSCRIPTIONS: aracelienech@yahoo.es



Steve Clorfeine, teacher, performer, writer, director, presents workshops/ trainings in Asia, Europe, and N. America. He works with a wide range of participants including theatre professionals, teachers, consultants, children and university students. He's been a member of the creative process team at ALIA (Shambhala Institute) and of the Naropa University since both their inceptions. Steve has performed off-Broadway and in European and North American art festivals since 1975 with Meredith Monk and with Ping Chong. In 2008-'09 he received 2 U.S. Cultural Envoy grants to produce theatre pieces in India and in Nepal. Steve is the author of a Nepal travel journal, *In The Valley Of The Gods*, and of several collections of poetry. He lives in New York. www.steveclorfeine.com

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