

Intensive course **Mime et Creativity**

- Saturday 18th July 2009 - Sunday 19th July 2009
- Saturday 8th August 2009 - Sunday 9th August 2009
- Saturday 19th September 2009 - Sunday 20 September 2009

Using the magic of movement

The art of mime fascinates

It helps you express your feelings and ideas, live out a story. It's a language that "reveals the invisible".

Aims of the course:

- to develop your own gestures and tune in to your creativity
- to develop the necessary tools and techniques to feel more at ease with your body
- to become confident enough to perform in front of others

Programme:

Notions of mime:

- walks
- study of fixed points
- illusions (pushing, pulling, carrying...)
- facial expressions
- dynamo-rhythms – movement skills (flowing or jerky movements, vibration...)
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The course will comprise both theory and practical exercises

Improvisation around a story

Tutor: Christian Albouy mime artiste

Christian Albouy has taught mime to a wide range of people both in France and in other countries - in management, social and artistic contexts. In addition to his teaching activities, Christian Albouy creates and directs his own shows.

(You can enrol for a one- or a two-day course)

Time: 10 am – 6 pm

Number of participants: 10 to 20

Place : St Juéry (81) Tarn France

Fee : 80 € for one day or 120 € for two days