

# Theater Clown Workshop

Thessaloniki 01 - 05 October 2018

Summarizing Document | Evaluation



With the support of

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## **Methodological Description**

Our educational approach is based on the clown code of the faculty of internationally renowned French theater teacher Philippe Gaulier. The basis is game, simplicity, truth, generosity. In the ten years of our common teaching, we have incorporated many elements from our personal experience in theater, but also from our common quests. In this way, our own clown approach and a fresh way of teaching, which combines a deep knowledge of the clown's theatrical code with a continuous internal spiritual quest, was finally formed.

Observing the process of our students, we realized how healing is this education at the spiritual level, as it brings us in touch with our true self. To get to the discovery of my clown, I need to make a deep introspection, empty the canvas from so much information and the space that will be created to fill it with innocence, light, love. To reveal the diamond that is in the core of my being. The clown with the innocent and pure qualities is inviting us, it can become a path that awakens us at different levels.

Our understanding, after so many years, has led us to enrich education with new exercises we have invented and to give an approach that apart from the technique, it has elements of introspection, deep and from the heart of communication with everyone and with the whole group, ultimately seeking this essence, which makes us real people.

*Francisco Britto - Nandia Kavoulakou*

## Day 1

**Introduction to the Red Nose** - first contact with the world of the clown through games and basic exercises

**Explore:** walk and sounds

Introduction to the comic simplicity and code of the clown - examples

Exploratory improvisations of comity

The discovery of the audience

Circle of sharing and queries



## Day 2

**Call to “Here and Now”**

Group games of vigilance and spontaneous release

**Exploring the imagination and the body's humor and voice**

Communication with the public - contact with our truth - openness and generosity

**Identifying and realizing the peculiarities: The tools for the clown**

First simple solo improvisations



Day 3

**Introduction to clown logic:**

A world without data - its problem and its solution -  
reversal of data

Search for the "off-balance" situation

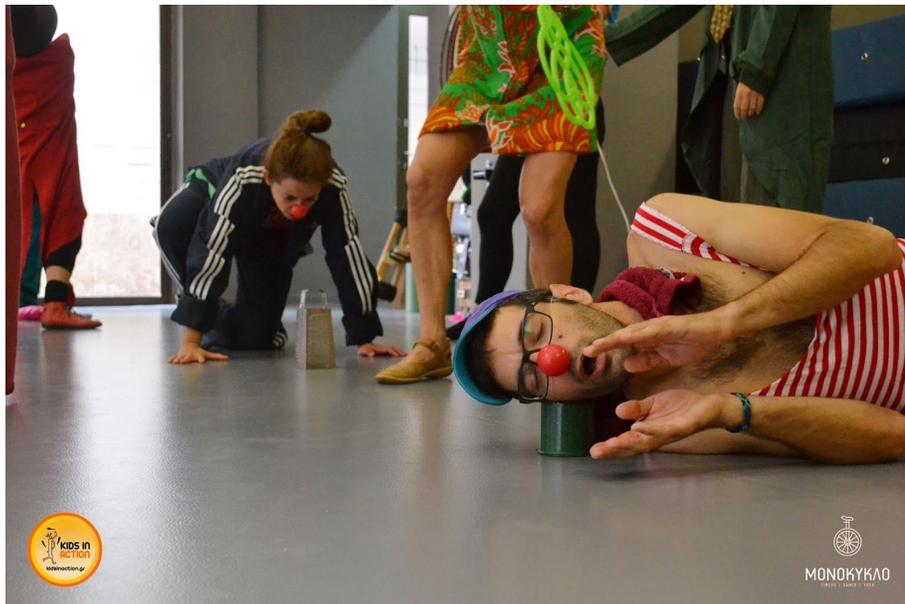
**Mr. Flop: Clown's best friend.**

How do you play with failure? Reception of public response -

Hot and cold showers

Presentation of the costume and "interview"

Circle of sharing and queries



Day 4

**Introduction to the duet code | Duet improvisations**

Development of communication and conspiracy (collaborator)

Exercises for free flow of emotions - processing the whole range of emotions in a game

**Fixed point - timing**

## Day 5

### **Work on "impulse"**

Exercises "**Sudden Death**" - save your life!

### **Work with an object**

### **Open lesson to the public:**

Exercises and improvisations with solo and duet

Closing circle: total sum-up and farewell ceremony



## **Participant's Feedbacks**

### **What was the best part of the workshop for you?**

- Non Competitive Games every morning.. | the Games
- The emotional exploration... | The emotional exercises
  - Talking to other participants
- Connection with the team as a whole
  - All the laughing, the Joy, the nurturing the safe space

### **Did you discover anything new about yourself as a human being?**

- Yes! That i am the Sun... That i am so small..and that i am so lucky!
  - I am be vulnerable, stay open for failures and be creative at the same time
  - Yes...But i am not sure i've got words for it



- Yes! I discovered my clown, therefore I discovered myself as a human being.
  - I rediscovered trust in myself
  - I Can make people laugh!!!!

### **What would you use from this workshop in your work as an artist or trainer?**

- Games...And i got inspired by Francisco's loving way of teaching
  - Games and exercises...Freedom of playing
- The conversation with the audience, and being truthful | The connection with the audience
  - Communicate everything what i feel with the audience
  - I want to start working as a Clown!!!

### **How did you feel about the group dynamics?**

- It was the best community formed ever in my life in such a short time
- Amazing group. Thanks to our facilitator the group energy and dynamic was always in balance
  - I felt comfortable, safe and lovely
- It was successful on a perfect way. Step by step building the care and love.

### **How could the workshop be improved to better suit your needs?**

- Not so many emotional games at the beginning. I couldn't concentrate after on the clown exercises.
- The training hours or days could be more! With some free time in the middle though!
- Maybe give a framework of the goal of each day in order to create more safety on the emotional rollercoaster
- Bit more light in times... Not too much emotions
- I really don't know. The level of the workshop was already high | I have no idea! Not possible!!
- I think this one has been a gift in so many ways!

### Other comments & what is next for you?

- Hugs and Love!
- To continue working. I have a lot of ideas for my Clown.
- I go back to my social circus with renewed energy and a love to give. Thanks so much
- I feel alive. Life is beautiful. Thank you so much for organizing everything.
- I enjoyed so much. Loved the people, But i don't wanna be a clown. Thank you for knowing it!
- Circus life back home with a new perspective of reality



*Thank you!*

*And all the organizers of  
Educircation to continue providing  
these exchanges.*

*Very valuable for professional  
motivation*

