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## Workshop description of Anna Bognár

5<sup>th</sup> Training Seminar

### “Arte para la Motivación”

in Austria, 24-28th February 2017

## Workshop description of Anna Bognár

### Play it!

#### Welcoming and introduction.

What are we going to do? - We are going to warm up and prepare our body, soul, voice and imagination and finally we are arriving at theatre by creating small scenes. Step by step we enter the spacious foyer of theatre, building up ourselves gradually, by cells, little instructions, minimal texts and few accessories Because it is good to play!

#### Warming up

Concentration game: We stand in a circle, somebody in the middle points at another person. If one say „ballerina” the other has to make a turn as a ballerina, the two standing beside him/her have to touch his/her skirt...if one says „cowboy”, the other being pointed at has to cower, the two neighboring shoots at each other, and if one says „elephant” the selected person becomes an elephant and the two neighboring fan with its ears. We play the game with accelerating speed. Everybody can try oneself as a person standing in the middle, leading.

#### Warming up the hands

Only by touching hands and palms everybody create a being that can be an already existing animal, a UFO or anything imaginatory. Everybody gives a name for his/her creation, figures out and shows its movement and voice, and introduces it to the others. Then these creatures move in the space, and meet each other.

#### Warming up the face.

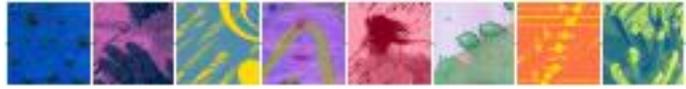
Counting until three, everybody shows his/her funny face of the day. Selecting one, everybody passes towards the face and try to imitate also the emotions and feelings of the face.

#### Voice repertory 1-2

We search for voices and sounds with the help of our clothes or body. Out from these sounds with the direction and help of a composer, we build up an “opus”.

*mus-e*

A belső egyensúly és a kreativitás forrása  
*Multikulturális művészeti program az iskolákban*



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We search for sounds and voices by using our mouth, avoiding traditional speech or singing sounds. A selected conductor creates a choir out of these sounds.

### **Sound coulisse**

With eyes closed just by inviting voices, we create a tropical rain forest and then a traffic jam in the city.

### **Theatre**

We create small one-person scenes. There is only one sentence said: “Oh, no!” that is the base for improvising a situation. In the next one there is a telephone as an accessory. The text is always “Oh no!” Then we have scenes with two people and the textbook of training. The text remains: “Oh, no!”

We end with discussion, feedbacks and answers.

*Mandula Krisztina Filep*

*Budapest, 01.03.2017.*