

THEATRE IMPROVISATION WORKSHOP

Teacher: Myriam Villalobos

Addressed to anyone interested in learning theatre improvisation techniques.

If you are an actor, an actress, a teacher, a journalist, a publicist or a lawyer, this workshop is for you. And if you are one of those spontaneous people out there wishing to get rid of that shaky feeling you get when you face an audience and have no clue what to say or do, this workshop is for you too!

Taught by Myriam Villalobos, an actress, theatre improvisator and pedagogue specialising in "Impro" who has been teaching courses throughout Spain for over 10 years.

"Games are not just for fun, they are also a way to learn how to develop your skills"

ABOUT IMPROVISATION

It is the art of performing and looking confident in front of an audience with no script or previous preparation. Improvisation is used as a tool to develop spontaneity and honesty, as if we were children again. In order to make the most of it we need to overcome our fear of making mistakes. Improvising is a game where we set our creativity free. In our daily lives we cannot always let our feelings drive us, and Impro is a way to break free and get to know ourselves better.

OBJECTIVES:

To learn how to build improvised scenes and stories, develop spontaneity, make the most of the present, boost our creative resources, overcome our fear of failing, become team players, create fresh and inspiring ideas, open up our minds to the things that happen to us and how we interact with others, trust ourselves and trust our classmates.

PROGRAMME:

Losing your body and mind inhibitions
Coordination/Concentration/Listening
Creative resources
Inspiring proposals
Reactions
Saying YES!
Social status and relationships
Narrative
Special attention areas

CONTENTS:

Group dynamics, opening up your senses, games on imagination and composition, the importance of actions and spotlights, trust and acceptance games, "impros", work on emotions, character creation, how to structure improvised stories.

METHODS

This is a 100% practical course built upon exercises and improvised scenes.
*We recommend that students wear comfortable clothes and shoes to class.

Assessment: at the end of the course, an open performance with a real audience will be held so that students can show what they have learned.

Course diplomas will only be granted to students who have attended at least 80% of the sessions