Foundation Technique in acting and improvisation - workshop

Where does the transformation from a private person to a genuine character begin. When does the dramatic circumstance start and where does it end? Where is my personal authenticity, my credibility and is this even necessary? What makes good acting?

In this workshop you will gain insight into foundation techniques of acting and improvisation. How do I move on stage, find awareness in movement, what makes an entrance or an exit? How am i perceived by others and can I gain access to my very own personal and emotional performance? In partner play and body work, we examine stage situations, aims and goals of characters and scenes, train self-perception and introduce our participants to the ever changing rules of acting and improvisation. We adress fears and create an understanding of what the work of acting is about. You will be challenged in a playful atmosphere, but no one will be exposed.

Theories of Stanislawski, Tschechow and Meissner, aswell as practices of Method Acting are part of this workshop. Improvisation and the silent play, what is said, without someone saying anything, will help you perceive the wide range of possibilities an actor can use to get to know and craft his or her very own expression in play.

This workshop can be designed individually and can take between 2 to 8 hours per day. You are never really finished with this art of increasing self-awareness and self-confidence.

Ideal for amateur and theatre groups, project days or team building events.
At the end of this day you will have learned more about yourself and the art of acting.

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Lukas Benjamin Engel was trained at East15 Acting school in London and finished his BA in acting at the HMDK Stuttgart. For over 10 years he has been working in film, tv and theatres in germany, austria and switzerland.

After his engagements at the Staatstheater Meiningen (2012-14) and the Staatstheater Wiesbaden (2014-16) he has been a freelancing actor, speaker, singer, author and fight choreographer based in Berlin.