

Performance-Art Workshop

Training in Performance is about gaining experience through touch, gesture, and language; and through acoustic, visual and physical stimuli.

The lessons encourage playful spontaneous activity, full of enjoyment as well as systematic investigation.

Through mutual improvisation participants attain skills in communication and interaction.

Altogether you strive for the dawning of consciousness about your own bodies, and for the discovery that images can also emerge through action.

When observing the work of others, it is important to be able to concentrate and persevere, without constantly losing attention and focus.

Monika Günther / Ruedi Schill