



FLAVIÉN'S WORKSHOPS

BIOMECHANICS OF IMPROV

This workshop is an attempt on a scientific study of the physiology and biology of Improv.

It tries to answer to how we can produce **the purest Improv moments** and how to train our body to get in a state of being entirely able to connect our inside world to the universe, to give our pure vulnerable self to the audience.

Character, relationship and storytelling are three fluids, secreted by three different organs:

**GUTS, HEART, BRAINS.
OUR 3 VITAL ORGANS ARE THE 3 ORGANS OF IMPROV.**

How, when and how much should we use them to create grounded and captivating scenes combining organic, emotional and intelligent play?

Skills and Tools: Physicality, Organic, Connection, Creativity, Mise en scène
Any level / 3 days / 16 max

ME, YOU, US.

This workshop is about **relationships** and wants to help you work on the 3 levels of scenes you have to deal with on stage.

Sometimes we can feel lost and that we don't know how to improvise, we feel we have lost the flow and cannot connect with our scene partners.

We'll learn how to play and **connect with yourself, with your partner or with the ensemble.**

Providing specific techniques and guidelines to help you build trust, fun and deep connection to yourself and your fellow improvisers.

Skills and Tools: connection, relationships, honesty, breathing, relaxation techniques
Any level / 3 days / 16 max

READ THE SCENE, DON'T WRITE IT!

People would tend to think improv is a blank page to be filled.
To me, Improv is a page, already written in invisible ink that you only have to read.

Improv is not a creative effort, it's an ability of the artist to be present and open enough to be the receptacle and the medium of the art.

In this class I'll give you Improv glasses to see everything, we'll **read the scenes, the space, the objects and of course our partners.**

Everything is already there, there's nothing to be created or invented. There's just momentum to be revealed.

Skills and Tools: connection, relationships, honesty, breathing, relaxation techniques
Intermediate + / 3 days / 16 max

THE SENSITIVE ANIMAL

This workshop aims at releasing your **physical creative power**.

Your body is much more smarter than your brains and it's an open book worth to be read. Let's leave our brains backstage and follow our animal instincts. Listen to our bodies and our senses. **Learn to be present** from the 4 elementary animals:

The Monkey (Earth): Body Creativity
The Tiger (Fire): Release the Power
The Shark (Water): the 6th Sense
The Dragon (Air): The Magic

Skills and Tools: Physical creativity, body work, character, global listening
Any level / 3 – 6 hours / 12 max

PURE IMPROV

This workshop focuses on **organic slow improv** as performed in our format: RANDOM

Are you afraid of the void, the slow, the silent and the unexpected?
We're going to explore **global listening** and learn how to reveal the magic scenes hidden inside you.

We'll learn to **trust silence**, our bodies, the environment and our partners to build our own **truthful stories** and share them to the world.

Let's wait and not run, let's read the scenes rather than try to write them.
Don't give the audience what your fear thinks they want, give them what you are.
Your pure honest self in the moment.

Skills and Tools: global listening, slow and organic improv, connection, body, silence.
Intermediate +/- 3 – 6 hours / 12 max

WORST CASE SCENARIO

Deal with **the worst improvisers** and worst situations.

Improvising implies taking risks but also commitment to your partners.

We want to feel safe on stage but that often makes us **too polite**.

We'll study both sides of the coin and learn how to break the rules and deal with the rulebreakers!

To do so we will go through **cases study**, bring your worst moments on stage, we'll turn them into graceful bits!

Skills and Tools: Taking risks, deal with blocks, create connection, think positive.
Any level / 3 – 6 hours / 16 max

THE SOUNDS OF IMPROV

Improvising with musicians is awesome for adding atmosphere and emotion to scene work but how can we help and move our partners without musicians or soundtracks?

In this workshop you will learn **basic tools** to support scenes using soundscapes, music, choir singing and **basic beatboxing** and sound effects.

This workshop aims at giving you a comprehensive toolkit to explore, enjoy and design your own sound signature. We'll go through basic beatboxing and musical notions to support scenes with **powerful soundtrack**. No need to be a specialist, just explore your possibilities and create your own sound box, special effects, animate, objects, animals and more!

This workshop **requires no vocal talent!**

Skills and Tools: beatboxing, voice and breathing techniques, sound FX, soundscaping, soundpainting
Any level / 6 hours / 10 max