

# THE QUEEN & FOOL

## A Workshop in Musicality, Movement and Shakespeare

26th - 29th MARCH 2009 @ a venue To be confirmed in NYC

A dynamic, physical and musical theatre training that aims for the heart, awakens the spirit and opens the mind's eye. Led by actor - director - musicians, Anna-Helena McLean and Christopher Sivertsen, this work draws on elements of Gardzienice and Song of the Goat training, acrobatic partner exercises, the art of gesture, indigenous folk & gypsy songs and original music to explore archetypes in Shakespeare's plays. Participants will work on a scene and character from Shakespeare's *A Midsummer Night's Dream*. The workshop aims to ignite a spark of inspiration in each individual, opening the body, thought and emotion through the group experience. The practice will be conducted in English but texts can be worked in the participant's first language. 4 days will culminate in a sharing for invited guests. This workshop is suitable for professionals and students of music, dance and theatre as well as practitioners interested in a psycho-physical approach to performance and text.



The participation fee is 475\$, concessions and student fees available. Places are limited and a deposit of 100\$ is required to secure a booking. The sessions will take place from 6-9pm on the evenings of the 26 & 27 and from 1-6pm on the weekend 28th March. To apply, please email Sara at [saragalassini@yahoo.it](mailto:saragalassini@yahoo.it) requesting an application form. Participants will be selected and asked to memorise text in advance of the session.

Anna-Helena is trained in classical 'cello, Music & Drama. 7 years a principal member of the Gardzienice Centre in Poland directed by W. Staniewski, played the title role in *Electra* (LaMama NYC; Barbican: BITE). Co-leader of the 'Ancient Orchestra' for 3 years from its inception, with T. Rodowicz. She now leads work with acting students at the RSAMD in Glasgow, runs international workshops, 'Archetypes in Shakespeare' with Pamela Prather (Yale) and Actor - Chorus - Text with Dawid Zakowski & organises musical events with Luminescent Orchestrïi (NYC), Peter Reynolds (UK) & Fabio Macagnino (Italy). Anna-Helena directed *The Lear*, based on Shakespeare's original & is currently working on *A Midsummer Night's Dream* with her UK based company Moon Fool. Anna-Helena is a performer in *The Awake Project*.

Christopher Sivertsen has been a principal performer and collaborator with *Song of the Goat Theatre*, Poland (from 2000). Recently *CHRONICLES – A LAMENTATION* (BITE Festival, Barbican; the Sydney Opera House); *MACBETH* (RSC Complete Works Festival - Banquo). Performed in *Bird of Night* (Royal Opera House, Covent Garden Associate Movement Director/ Fire performer). Developed a system of physical theatre training (*The Breathing Performer*). Directed a variety of productions in Sweden based on *Fire, Music and Movement*, runs *The Awake Project* and regularly conducts workshops throughout the world.

**PREVIOUS WORKSHOP FEEDBACK:** "I felt that I reawoke to many of the things that engage me most in the theatre – song, rhythm, music, improvisation, movement work, ensemble and something that moves us from banality into a much more archetypal, vital, spiritual realm. It helped me to feel freer, braver, more open, more alive, more myself, but also more part of something other... a really profound, transformative experience!"

"The main thing that I will take away from this is the idea of unity in the actor: bringing speech, song, dance, and gesticulation together so that they are all one thing, not kept separate or thought about as separate things."

"My eyes were opened to a whole new approach to text exploration and interpretation and the merging of music with movement and gesture."