



WORKSHOP ON THE CORPORAL EXPRESSION AND INTERPRETATION FOR ADULTS

To improvise with the movement of the body through a series of dynamic and entertaining games, will help us find the possibilities of expression inside ourselves.

This is what we explore in our workshop.

We will strengthen our own vital energy to increase our self-esteem, learning how to relax and rely on the group.

The techniques of theatrical improvisation are excellent tools to reinforce the performance of business professionals. Learning how to speak in public, encouraging creativity, dealing with unexpected issues and improving personal interactions will help individuals to work as a team.

Over three hours we will work two different techniques, corporal and verbal, through a succession of games designed to stimulate the expression and spontaneity of the individual and the group.

The workshop is conducted by:

- Ana Montaña (www.familiaplim.com), dancer and actress with 25 years of teaching experience.
- Juanma Díaz (www.jammingweb.com), actor and member of the famous theatrical improvisation company "Jamming".

Since 2007, both are giving workshops together and sharing their techniques to achieve the excellent results that we provide.

Duration: 3hs.

Fee: Consult

