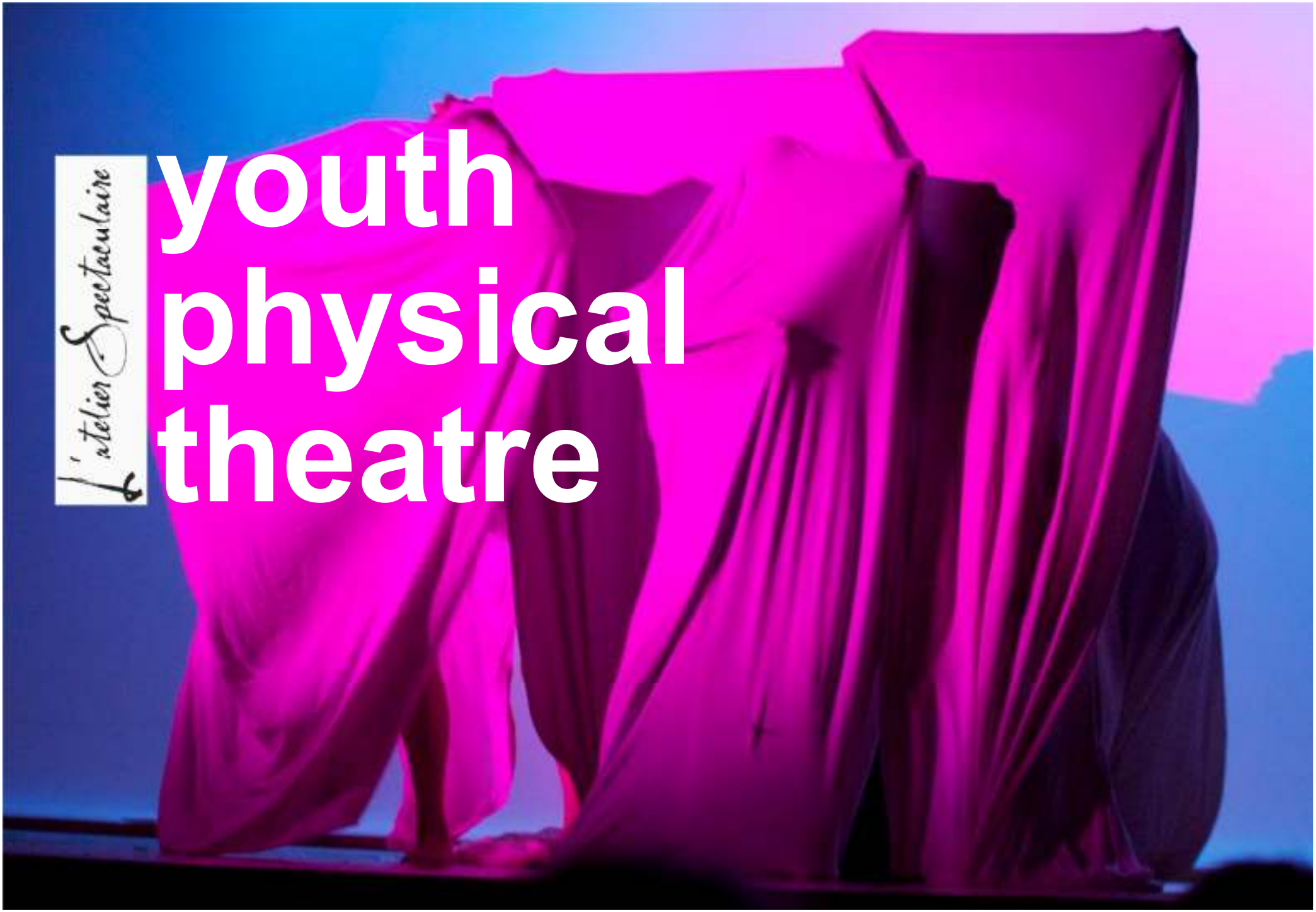


L'Atelier Spectaculaire

youth physical theatre



physical theatre workshop

Youth physical theatre workshops are conceived around topics from the participants' artistic backgrounds and current interests, e.g. fashion, and theatrical styles, e.g. dance, musical or straight play. Sofía facilitates the discovery of protagonism and antagonism and the creation of characters and atmospheres. The participants are also accompanied in the design and realisation of costumes.



exercises



1. psychological and physical, professional warm-up, incl. get to know each other
2. various activities to find, create or re-create themes and worlds, e.g. the fashion world
3. various activities to find, create or re-create the performer's role in the theme/world context, whereby the participants research contexts and characters
4. various activities to realise the role, starting with feelings and characters, then building up towards individual movements and collective choreography, and finally adding voice, song, costume and light
5. story-telling and presentation
6. psychological and physical cool-down
7. and more

outcomes

1. the 12-to-17-year-old students create a story, incl. atmospheres and characters, rehearse it and enact it
2. the participants “realise” their character, not only through texts, movements and costumes, but also through music (whereby lyrics can be written on a tune or a tune composed on a text)
3. the participants establish a company which assures the following functions: performers, designers and technicians (costumes, makeup, set, light, sound, photography and projection), stage manager, assistant director and assistant choreographer

prerequisites

1. the participants are committed, not forced, to the workshops
2. the participants are in good physical condition.



sofía neukom



Sofía Neukom was born into an artistic family; visual and performing arts have always been her “inspiración”. She read fine arts at the National University of Colombia, learned classical dance in Bogotá, modern dance in New York, and physical theatre in London. She choreographed shows in Costa Rica and Canada. In Zurich, Sofía studied Jacques Lecoq’s teachings at the Comart Theatre School, appeared in the lead role of the musical *Stark Reduziert*, and in *La Traviata*. A member of the *Vereinigte Theaterschaffende der Schweiz* and of the *Théâtre Jeune Public*, she focuses now on literary creation, dance and physical theatre.

benefits

1. self-confidence and self expression
2. individual and team work skills
3. fitness



contact



Thank you for your interest in youth theatre.

I look forward to discussing your needs and expectations and to devising together **your** bespoke workshop.

Sofia Neukom
Konrad Ilg-Strasse, 23
CH-8049 Switzerland

Email: sneukom@latelierspectaculaire.com

Telephone: +41-76-331 1595