

THEATRICAL WORKSHOP / CREATIVE THERAPY

Service provider	<p>ALLE-SAIJA FARM THEATRE</p> <p>http://alle-saija.wix.com/alle-saija</p> <p>Facebook: Alle-Saija Teatritalu (in Estonian)</p> <p>Instagram: alle_saija (in Estonian)</p>
Location	<p>Alle-Saija Farm Theatre (Alle-Saija Teatritalu)</p> <p>Kaagna village Kanepi parish Põlva County Estonia</p>
Duration	<p>Short workshop - 2,5 hours</p> <p>Long workshop - 6 hours</p>
Participants	<p>Groups of up to 15-20 people</p> <p>No previous experience or knowledge of theatre / drama required</p>
Description	<p>Theatre means team work, playing and changing of different roles. Also, folk theatre which is practised in Alle-Saija Farm Theatre, is all about interaction with people who share the same interest in playing together in comfortable and pleasant environment. Putting together the aspects of playing, changing of roles, creative team/ensemble work and pleasant communication, a very therapeutical combination can be achieved. Therefore we have created theatrical workshop / creative therapy which allows participants, through the means of theatre and drama, to cast aside their daily routine for just a few hours, to think and act outside of their regular "box" and let their creation flow. As a result of the workshop, the participants would gain positive feeling, energy boost and "fresh" views as well as the ability to function better in a team with others. Also, participants might discover new aspects about themselves (in particular, their creativity and ability to think outside of the box) and similarly learn more about their fellow participants.</p> <p>The workshop is designed in two alternatives - short version of 2,5 hours and long version of 6 hours. The versions of the workshop include the following activities:</p> <p><u>Short workshop:</u></p> <ul style="list-style-type: none"> - introductory "wam-up" session with exercises for voice and body (movement and breathing) - session for working with "zero texts" (role play > different situations, polarity, etc) - group work session for working with "zero texts" in smaller groups - short feedback session with coffee/tea and cookies <p><u>Long workshop:</u></p> <ul style="list-style-type: none"> - introductory "wam-up" session with exercises for voice and body (movement and breathing) - session for working with "zero texts" (role play > different situations, polarity, etc) - group work sessions for working with "zero texts" in smaller groups and preparing short performances - short feedback session with coffee/tea and cookies
Additional information	<p>Both workshop versions include non-stop coffee/tea and cookies</p> <p>Long workshop includes a meal break with sandwiches / snacks</p> <p>Participants are kindly requested to put aside / switch off all electronic devices and not to use them during the whole course of the workshop in order to be fully "present" at the workshop</p>
Contact person	Ingrid Ulst, Creative Manager of Alle-Saija Farm Theatre