

THEATRE EXERCISES

Theaterübungen

F I X P O I N T

W E I G H T

C A D E N C E



**THEATRE WORKSHOPS WITH WILTSHIRE
BASED INTERNATIONAL THEATRE
PRACTITIONER KOSTA ANDREA SEKULIC**

Playing – Moving – Observing human behaviour ...
for young people in Wiltshire (and beyond).

The Project

THEATERÜBUNGEN / THEATRE EXERCISES

Theatre workshops for young people young in Wiltshire

Themes :

- Body language
- Group dynamics
- Improvisation
- Analysis of movement, simple mime exercises
- Observation and study of human behaviour in everyday life
- Links to nature and structure of classical music, in particular the piano music of J.S. Bach

Aims:

- To present young people with a taste for professional theatre training
- Experiencing the process of dramatic creation (with or without text)
- An interactive creative group experience, which opens up new ways of learning and discovering.

When? Spring and Summer 2018

Language? English (the workshops can also be presented in German... or French..).

Duration? The workshops will be individually designed together with the groups / schools. Normally a workshop is 90 min long (per day two workshop sessions can be offered, for two groups / classes)

Where? (Secondary) schools in Wiltshire – as well as youth groups etc. Ideal is a space where movement is possible – and (if available) access to a piano!



Is this real,
is it true?



What is real?

Feedback

OVER THE LAST TWO DECADES SEKULIC HAS VISITED NUMEROUS SCHOOLS IN WILTSHIRE, LONDON AND SWITZERLAND. CURRENT WORKSHOPS ARE SUPPORTED BY CORPORATE SPONSORS IN SWITZERLAND, WHICH HIGHLIGHTS THE VALUE OF THIS PROCESS. SCHOOLS INCORPORATED THE WORKSHOPS AS A PART OF ENGLISH, MUSIC AND DRAMA LESSONS...OR SIMPLY AS A SPECIAL EVENT TO ENRICH THE REGULAR SCHOOL ROUTINE.

I liked the workshop, because the activities aimed at spontaneity.

I found this course very impressive and enjoyed it and had a lot of fun. We could laugh and let ourselves go.

The improvisation part was hard, but it was also the funniest.

At first it felt kind of strange to pretend picking up something heavy, but then I suddenly understood what it was all about - the important thing was your body language.

I think it's awesome that Mr. Sekulic can speak French, English and German so fluently.

I loved being involved in a peaceful way with my class. I really liked it, especially all these exercises how to express oneself.

We were confronted with unusual situations and had to overcome ourselves and stand in front of the class doing something ridiculous.

Teachers mentioned that this approach has encouraged shy, less confident youngsters, involving them in collective exercises, where people start to try out things. Similarly – very academic (including scientifically talented) youngsters are engaging with a training which emphasises intuition as well as observation. This work has always stressed the link of structural and creative thinking.

Sekulic is one of very few established theatre practitioners in England from a European background – he brings his multicultural upbringing (Swiss / Serbian – trained in France) into his approach of sharing the creative process.

Andrea Zibung-Obereder, Englischlehrerin, KSA. "An inspiring workshop at KSA! In a playful approach students were encouraged to mingle, walk, march, run, form lines, fill the space, move as a group or as individuals, learn to observe others, and engage in various activities such as lifting an imaginary rock. A further aim was becoming aware of people's body language in everyday situations or copying the movements of their peers and spontaneously developing new sequences from a frozen posture. Motivation was high and genuine interest was shown in the artist's inspiring anecdotes from his professional background and 20 years of experience in drama and performing arts."

Vicki Stacey-Masters, Arts Team Leader, St Dunstons Secondary School Glastonbury. "The interactive part of the presentation was effective... and when the students performed the solo spontaneously in front of an audience and you gave feedback... it was excellent and gave students the chance to experience something really fresh and exciting – original and engaging!"



Background

From the very start of my theatre career I was attracted to trying to share the creative process with the new generation – firstly because I missed that in my own school days – the ‘learning by doing’ – the creative side of things. As a medical student in Zürich I started to discover theatre work through evening workshops at the culture centre Dynamo. Later on - with Jacques Lecoq in Paris - we didn’t start with theatre – but with life, the observation of movements – around and inside ourselves. Over the last 23 years I have created numerous new theatre creations – most of them with Sue Lee - and presented them Internationally. The creation was and still is for me the centre. I compare this to (scientific) research. The core of every production is an exploration of an element of life.

With my workshops I have repeatedly discovered that the question of what is ‘real’ – was is ‘true’ – is reaching people – be it in London, Switzerland or rural Wiltshire...with young people, professional actors or adults from all walks of life. All my workshops are trying to create an atmosphere, where creation can ‘happen’. The playing, the movement, the experience of presence, the relationship to the space come first – only then follows the reflexion, or the work with texts etc. The element of fun, of humour even... is a result of the intensity of this work. The exercises challenge the individual – and nurture a collective feel. If I manage to facilitate an environment, where the focus is not on the individual performances, but on the artistic thinking behind it – then I am satisfied. This can be a powerful experience.

THEATERÜBUNGEN...

J.S. Bach has entitled many of his famous piano compositions ‘Clavierübung’ – piano exercise. The word ‘Übung’ had of course a much broader and deeper meaning than today: The focus on the harmonic thinking, the musical understanding went hand in hand with the technical training of finger movements...THEATERÜBUNGEN has similar ambitions: A playful and philosophic analysis of how we move, how we behave..- how we decide, weigh up, doubt, hesitate... maybe we should have acted differently – maybe we should replay the whole situation again....



Kosta Andrea Sekulic

THEATRE PRACTITIONER

- Born and grew up in Switzerland, on the shores of Lake Zürich
- Studied Medicine at University of Zürich (cand.med.).
- Along his medical studies numerous theatre projects with award winning director Stephan Teuwissen
- Then trained with the legendary Jacques Lecoq at his theatre school in Paris
- Since 1994 created and performed own theatre projects – mostly together with Sue Lee - in England and Internationally.
- Based in Wiltshire since 2002 – proud father of two teenage sons.
- Played piano from the age of five, trained as a teenager with International pianist Ann de Dadelson; is now bringing – as a passionate amateur musician – classical music in the context of performing arts



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I would like to congratulate, I have enjoyed the show very much – be it the musical side, or the acting quality! Just had to download the 'Goldberg Variations' and they are now running in the background!

Audience member, VARIATIONS

You have triggered something in my brain, of which I was not at all aware of at the time. Does music arouse memories? Do memories create music? Dear Mr Sekulic – you have poked around my 'mostly sleepy, passive' brain, like a wooden stick in a quiet anthill. I began to associate – at first a bit helpless – between music, text and gestures. Images from the memory found connections in tones, dissonances, movements, and at the same time these visual and acoustic impressions themselves brought unexpected memories to life. Now I know what I thanked you for after the performance.

Audience member, VARIATIONS

Sekulic has an absolutely unique presence, he moves, plays and chats highly professionally - with his own vulnerability - and promotes a 'skilful innocence'!

Stephan Teuwissen, award winning dramaturge, Zürich Schauspielhaus (etc)

Salisbury International Arts Festival Highlight: PIANO CABARET: Part classical concert and part physical comedy, which poses questions about art and life.

Daily Telegraph

