

## **Workshops Simone de Jong Company**

After seeing *Hermit*, we do not think it is necessary for children to do a workshop. We do have some educational material for teachers with which they can work in school after the children have seen the show.

We like to connect with performers and give workshops to professionals, mostly to share the 'Dutch way' of physical acting called 'modern mime'\*.

Simone de Jong is educated at the Mime-opleiding and trained in music theater and improvisation (a.o. with Andrew Morrish and Lorna Marshall). She teaches and coaches professional performers and children. In her workshops she is working from the body, the senses, and imagination. Playfulness and musicality are important aspects in the work. Sometimes she teaches together with one of her performers.

Workshops for professional performers:

### **Working with the invisible**

Whether it is your imagination, a movement or a sensation, there is a lot happening in our inner world. How do we use that to perform, without getting into psychological motives?

In various exercises and assignments we take our inner world as starting point for performing.

We work with the senses, impulses, and the musicality of the body.

About a vivid way of performing, in which we use the invisible to enrich the visible.

1-3 days

### **Acting: starting from the body**

In this workshop we find various ways to work from the body.

We do exercises concerning physical awareness, presence, movement qualities, following impulses and creating characters. In how many different ways can you start performing from the body and let it speak its unique language?

1-7 days

Also on the subjects of:

Working with objects

Improvisation

Creating performances for children

we can do workshops or longer trajects.

\*Simone de Jong Company mostly works with performers that are educated at the Mime-opleiding, a theaterschool that is part of the AHK in Amsterdam. In their education the body, presence and movement are always the start of the work. The beginning is physical action, not psychology. This leads to performers in what is called 'modern mime'. Not pantomime, but a modern way of physical acting rooted in a.o. the Decroux techniques. Very diverse performers that appear in the work of a.o. Artemis, Jakop Ahlbom Company, Boukje Schweigmann&, Maas theater and Simone de Jong Company.

Toon Kuijpers, Koen van der Heijden and Simone herself had this education, which is unique in its program and form.