

INFORMATIONS

Date: Tuesday – Sunday, 9th – 14th of July 2019, daily 10:30 till 18:00

Location: Losone/ TI at “La Fabbrica”

Language: Italian/ English/ Deutsch

Information: Thomas Mettler 0041 76 415 27 38

info@keep-searching.ch

Fee: 6-days-intensive: CHF 430.- (for students / Scuola Dimitri reduced: CHF 300.- & reduction for people in difficult financial situation possible as well)

Scholarship: 1 scholarship-place (for free) is offered to one student chosen after written application with personal motivation letter & C.V. per email

Payment: Post-account: CH45 0900 0000 6028 5094 1, Helena Mettler, Camedo.

Insurance is the responsibility of the participants

Level: dancers & actors – mixed levels – Thomas is known for his mastery to work with every ones capacities and teaching mixed groups!



«Towards a Physical Theatre»

6-days-intensive-workshop for actors and dancers

with Thomas Mettler

Tuesday – Sunday, 9th – 14th of July 2019 at “La Fabbrica” in
Losone/TI

ABOUT THE WORKSHOP

«Physical Theatre» was created through the innovative work of companies like DV8 (London), Carbone 14 (Montréal) – inspired by Pina Bausch's TANZTHEATER – as a combination / fusion of two theatre-forms there of isolated and distinct from each other leading separate paths over a long time.

In its beginning shocking and ground-breaking by attacking social standards on stage, using themes that were not touched upon in the world of dance. It also involved a lot of absurdity and cruel humour, presenting a never before seen naked truth transposed through breath-taking images.

Structure:

Warm up / Technique (3 hours): This is a research of the well being of your own body and his widest possibilities. It is a playful approach to a free-flowing energy in motion and stillness. Connecting to the two things which are always there: ground and breath. A smooth opening and preparation of the body on the floor, a waking up in motion; getting up from the floor, passing through all the levels into standing and moving through space. In spreading out in the space you get in contact with other bodies and energies.

Through a well-prepared body one can let go and take risks: To leap into the arms of the floor, of a partner or of the whole group. Let the play happen! Falling and rolling, getting up and holding, pushing and be pulled, taking and giving ... let's move and dance. Soft and wild.

Through the opening towards the outside, you will arrive at your inside and discover the forgotten capabilities of your body.

Research / Improvisation (4 hours): To develop your own individuality through specific exercises and themes by simple personal tasks and guided improvisation. Here the work starts to conform to every person's particular needs, abilities and background.

Every person will „confront“ oneself, like being seen in a mirror of truth. Through a growing trust one will also get in touch with his/her own limits and try to „jump over“. Playful voice-work is an integrated part of the research. Dancers get in contact with emotion, actors get in contact with motion. The exchange happens!

On the whole it's a work that demands authenticity and sincerity and one must accept taking physical and emotional risks.

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ABOUT THOMAS METTLER

Work in theatre and dance through on-going research for 38 years (foundation at the school of Marcel Marceau) as mime, clown, actor, improviser and dancer. Teaching over 32 years – 4 years full-time at professional acting or dance schools in London and Paris, and over 150 intensive-workshops brought him to Columbia, France, England, Italy, Germany, USA, India, Greece, Portugal, Finland, Spain, Israel/Palestine, CZ, Poland, Ukraine & Switzerland.

He created numerous pieces and projects where theatre and dance mix - always with parts of improvisation.

In 1995 he co-founded “on.off Werkstatt” in Bern, a centre for research, studies, exchange and creation with international leading guest-teachers and was its Artistic Director during 12 years.

Invitation to the festival “Cultural Capital of Europe 97” in Thessaloniki.

He followed Nigel Charnock (Co-founder DV8 Physical Theatre) & David Zambrano over a dedicated period of 3 years throughout Europe & invited Nigel to create a piece of Physical Theatre in CH. With “6 Men Dance – a night of improv” he realised a long-time dream by founding and bringing together one of Europe's finest and most daring Dance/Physical-Theatre/Improvisation collective with artists: Adam Benjamin (UK) – Rick Nodine (UK) – Jordi Cortés Molina (ES) – Christian Panouillot (FR) – Dan Watson (UK) – Chris Aiken (USA). In 2009 he founded a similar new project called ‘About Men and Women’ & in 2017 “Truly Yours” in Barcelona with 11 dancers/ actors from all over Europe, leading it as its Artistic Director.

In the fields of Integrated Dance he choreographed for “StopGAP Dance Company” and “DanseHabile” and worked with “Beweggrund Bern” and “Adam Benjamin & Friends”.

Thomas lives and creates now since 12 years in TICINO/ Camedo where he created and premiered ‘Incontro’, a Dance-Duet with Astad Deboo, who is honoured in his home country India as ‘father of Contemporary Dance’ – and – ‘The sweet Poison LOVE’ with ‘About Men & Women’. 2015 & 2016 ‘Some Men Must Die’ for GogolFestival in Kyiv – 2018 Solo ‘transitio’ with sculptures from Pascal Murer (TI) & live-musician Vojtã Havlovi (CZ). 2019 he received an invitation from Ukraine's National Theatre for writing & directing a new play of Physical Theatre for their repertoire.

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