

May 8-14, 2008



Creative Expression through Theatre

Facilitated by Fr. Anand



Indian Theatre has a history of more than 5000 years. The Indian dramatic art is called *natya* in *Natyashastra*. *Shastra* is the term accepted in Indian tradition for the holy writ dedicated to a particular field of knowledge. *Natyashastra* is a compilation of work by various sages but the tradition offers its authorship to sage Bharata. So it came to be called Bharatamuni's *Natyashastra*. Its date is not definitely known but is taken to be 200 B.C. to 200 A.D. It must have reached its present form sometime during this period. It is an encyclopaedic work of 37 chapters and it deals with various topics which are necessary for the production and presentation of drama before spectators.

According to the *Natyashastra* "Theatre is a complete art form, which imbibes dance, drama, music, architecture and visual art". Beginning with the four elements of *abhinaya* (performance) as elucidated in this ancient treatise, the workshop will lead participants into contemporary techniques and practices of creative theatrical expression.



Among other things, the workshop will offer training in:

- Eye contact with co-actors and audience
- Exercises to coordinate songs, dance and dialogue
- *Navarasa*, the nine emotive expressions in all their details with many exercises
- Techniques of third theatre using the body as a medium
- The art of miming
- The space dimension for hand properties and stage properties
- Voice training, role exchanges
- Dialogue with the audience during and after the performance
- Knowing ones own body and exploring its power for message conveying, miming...
- Crowd pulling techniques
- Public performance

Bilingual Training!
In English & Hindi

Fr. Anand Mathew IMS, has for over a decade been director of Vishwa Jyoti Communications, Varanasi, a centre for media art and culture committed to promotion of human rights, primary education, communal harmony, and community building through low-cost media. (<http://www.vjcc.org/index.asp>). He is a well known social activist and has been associated with various local and national social movements. In facilitating this workshop, he will be assisted by Vivekanand Brahmachari, who is himself an experienced facilitator of many theatre workshops.



Venue: Gap Year College, SIDH Campus,
Kempton (15 kms ahead of Mussoorie), India.
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The **workshop fee** (inclusive of full boarding and lodging) for this 7-day workshop is **Rs 5000 per participant**. For registration please contact Vinish / Karuna with your name, email, phone, address at gapyearcollege@gmail.com and 0135-6455203, 01376-213060. There are limited seats for the workshop, so please register as early as possible. A few need-based scholarships / partial-waivers may be available.