

'Towards Organic Presence' – A workshop with Katharina Seyferth

International Centre for Theatrical Research and Training

Las Téoulères, Gers, France

17 July – 7 August 2010



Photo: Maria Celeste Taliani *

The workshop

'Towards Organic Presence' is a practical exploration of the body, the voice and movement. The workshop proposes a series of precisely structured actions, which enable the actor to connect to his own movement and rhythm, personal associations, the flow of his inner living pulsations and natural voice. It provides participants with the opportunity to focus on physical and vocal exercises within a team as well as individually. The elements of this workshop have emerged from Katharina Seyferth's direct work with Jerzy Grotowski.

Working everyday on these connections in a disciplined and rigorous way opens the path to an enlarged perception of the self, the others and the world around. Thus, the actor finds access to an authentic source of creativity. Parallel to the everyday group work the participants will have the opportunity to create a short individual action and to structure it, with the help of the workshop leader, so it can be repeated. All group members will witness these actions at the end of the work period.

The basic technical elements are:



Photo: Maria Celeste Taliani *

- Release of body-blockages and canalization of the individual organic drive
- Trust in the self-dynamic of the body
- Structured movement connected with alive impulses
- Precision and Spontaneity in improvisations alone or with a group
- Truthfulness within the expression
- Circulating of attention
- Breath / Voice / Movement

The physical work develops:

- Suppleness, lightness
- Consciousness of space and body
- Concentration / awareness
- Inner and outer attention
- Liberation of spontaneous impulses
- Connecting spontaneity and precision



Photo: Maria Celeste Taliani *

The vocal work:

- Reinforces the respiratory muscles and softens the diaphragm
- Opens the larynx and the articulations
- Treats different resonators
- Opens the research into the connection breath / voice / movement.

Katharina Seyferth has worked with Ryszard Cieslak in New York at the Manhattan Theater Project and participated in Jacek Zmyslowski's Mountain Project in Poland in 1977. She was then invited to join the Theatre Laboratory's intercultural group of the Theater of Sources project, under the direction of Jerzy Grotowski. She has taught in Switzerland, Austria, Turkey, and Poland. Since 1996 she has been living and working in Gascony, France, where she is artistic director of the International Center for Theatrical Research and Training at Las Téoulères.



Las Téoulères, workspace, Gers, France

More information

The workshop's duration is three weeks and it will take place on the 17 July – 7 August in the International Center for Theatrical Research and Training Las Téoulères, which is situated in the Gers in Gascony. The centre provides room and boarding for €25 per person per day. The cost of the workshop is €300 for the people who have worked with Katharina before and 400 € for newcomers. The time of work is 8 hours per day, it takes place both inside and outside in the nature, and the languages used are English, French and German. In order to apply, please send brief covering letter and updated CV to ekartsaki@gmail.com. Deadline for submissions 15 April 2010. Successful participants will be contacted by May, 7th. For more information, please email ekartsaki@gmail.com or visit <http://www.toule.net/>



Las Téoulères, dormitory, Gers, France

Testimonies

Working with Katharina led me to moments of stillness, lightness, and silence that required a sensitivity to body, breath and surroundings unlike any I had experienced before. This sensitivity coupled with joyful explosions of energy created a way of working that both pushed me beyond what I thought was physically possible and allowed me to drop deep inside an authentic inner life.

Clare Barron

Katharina Seyferth's direct connection to Jerzy Grotowski's paratheatrical research makes her a unique performer and master-teacher. Drawing from her extensive experience of Grotowski's influential approach, she guides workshop participants through rigorous physical and vocal training that includes plastic exercises, yoga-based movement, and the Motions. In addition to the daily studio work, she invites participants to work outside in the beautiful natural environment of southwestern France, and takes them through unforgettable journeys into the wilderness at night.

Virginie Magnat

The workshop with Katharina Seyferth was a very intense experience for me – it was as if some doors opened inside me. I could give up some control and find something else, listen more to the body and the senses. Also the work outside in the forest was very freeing and gave me new possibilities and ideas – away from any room concept or other limitations. It was a different way of listening, perceiving, being in contact, with the space around. I don't even have words for it, it's something I felt inside, I experienced. Something happened, something very astonishing. This I would love to follow even more in my further theatre work.

Cornelia Adam



Photo: Maria Celeste Taliani *

* Photos were taken during the Project: Meetings with Remarkable Women at the Grotowski Institute in July 2009