

"ALL IN ONE"

is MULTI-ART WORKSHOP

ended by a "ALL TOGETHER" show

When people are full of oneself, they feel fulfilled.

When their action is this continuity between what they are and what they do, they can be part of the society, keeping this fulfilment, and feed the society with their own wealth, creating a world always more balanced.

It is why the axes of my workshop are :

- to develop inner wealth,
- to create a continuity between inner and outside wealth, with creation, communication, action, and interaction
- learn about art a basic enough strong for to can develop it oneself even alone, and be able to self-correct oneself

• **RELAXATION** to re-axe your concentration in your own body

- to learn the natural breathing, the one of your sleep
- to relax the complete body with an exercise of relaxation of the full body
- to listen to, and to move with the inner flow (*for to increase the capacity to flow with, to develop the feeling, the intuition, the respect of the inner life*)

• **MOVEMENT- DANCE- in the 3D DIMENSION of the body**

- to discover the invisible life of the air and space inside and outside of oneself, and to play with
- to discover and to respect the form and movement of this flow in our own movement
- to discover and to respect the form and movement of our body, in our own movement
- a sofist exercise to re-axe the body and psyche
- to interact freely with others,
- to interact with rhythm, with music

each part of the body is the link of a chain and when the body move, each link follow freely its own movement inside the complete movement, like the links of a chain follow the movement but move independently each one from the others

• **ACTING**

to begin to express freely the inner feeling, in its own spontaneity and to play with, :

- to act with
- to interact with, staying inside our own feeling

• **VOICE**

- to express freely the inner feeling, in its own spontaneity and to play with,
- to learn to let it grow and use the full resonance of the body
- to interact with freely
- to interact with freely, adding acting and dance

• SINGING and MUSIC

- to sing together, freely each one its own line, in a common rhythm
- to sing together, freely each one its own line, in a common harmony

- to sing together, freely each own line and to learn to learn to listen to the other, to interact in a song, to create a structure in constant evolution, all together

• PAINTING

- to learn and create the continuity of oneself movement in the movement of the pencil on a paper
- to learn to play with, to listen it to, and to see the drawings coming out of it
- to turn them into real drawings, learning so the perspective techniques and colour methods

• CREATION

- the approach of several forms of creations
- the selection of one personal creation project (singing dancing painting or acting) that we will act on stage and its preparation (using in interaction the people we need for to develop it)
- the selection of a common music improvised creation that we will play all together on stage
- the selection of a common project singing, dancing, painting, acting all together on stage

• PHOTO

to learn to take distance with the situation, for to get a global vision, I and to give power to your ideas by the way you create a scenario, a scene, a composition, a concept, the choice of perspective, to play with elements for to bring a good creativity.

• VIDEO

- to learn to use video
- to create a documentary of the event with interviews of all participants
- to film the event
- to learn to edit the video
- finally to get a video of the workshop and event will can get

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