

Object Manipulation – *life is every step*



The modern art scene is demanding constant innovation. As an artist, it asks you to keep finding your voice, and as you are fine-tuning your instrument, to go beyond technique.

This workshop goes through the foundations of puppetry, such as impression of life, how the deconstructing of puppetry can teach us simplicity for theatre & acting, and how this can spark new creativity in you. Exchanging tools between genres, we explore where 'puppet' ends and 'puppeteer' begins...

Platform Theatre – *with Mime technique*



A group of actors tell an epic story in a contained playing space. With origin in Jacques Lecoq's theatre method, this genre is a compact version of theatre or film. It offers a good understanding for dramatic built of a piece & demands a high level of physical precision.

Mime offers you full body control and capturing movement quality. This is an intensive dive into techniques such as fix-point & illusion of visible-invisible, from French classics like Marcel Marceau to Modern Mime.

Neutral Mask – *a self discovery*



The mask allows you to take a step away from yourself. It is in this space between you and any played character that playfulness and creativity live. We will explore neutrality, presence on stage, mask techniques, and awareness of qualities & tools you currently hold.

Tutor – Lana Biba

Award-winning Actress, Director & Educator of physical theatre, mime, clown, mask, dance and puppetry. [2theatre](#) & [LPTS](#) Co-founder

EDUCATED Marcel Marceau in Paris, Lecoq (*LISPA*) & Meisner in London.
CREDITS performer/casting partner at *Cirque du Soleil*, lead in *SOAP The Show*; director/MD at Rounhouse UK and Boulevardteatern Swe; **TEACHER** at CSSD and other Theatre Universities in UK, Sweden, Spain, Ukraine and India.

info@lanabiba.com // www.lanabiba.com // +44 7943050601

