

WORKSHOP BY CLAUDIA CANTONE



THE WORLD
UPSIDE DOWN

SACRED CLOWN AND
THE COINCIDENCE OF OPPOSITES

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SHORT PRESENTATION

The title of this workshop symbolically indicates the way of acting and thinking typical of the Sacred Buffoons.

The sacred buffoon plays with opposites, creates order and immediately recreates chaos, thus demonstrating that the constant and dynamic flow of life is nothing other than the result of the "coincidence of opposites". The goal of the course is to learn to know and use your fool to accept and integrate our opposing sides, often censored or rejected first of all by ourselves. It is therefore a matter of reassessing with irony and without guilt our differences with regard to society, customs and beliefs.

Through exercises and improvisations we will experience the pleasure of laughing at ourselves and our opposites.

Laughing we cross the fear of "dying to ourselves" and allow our parts, split, to play, dialogue and reshape in a new way of "being in the world".



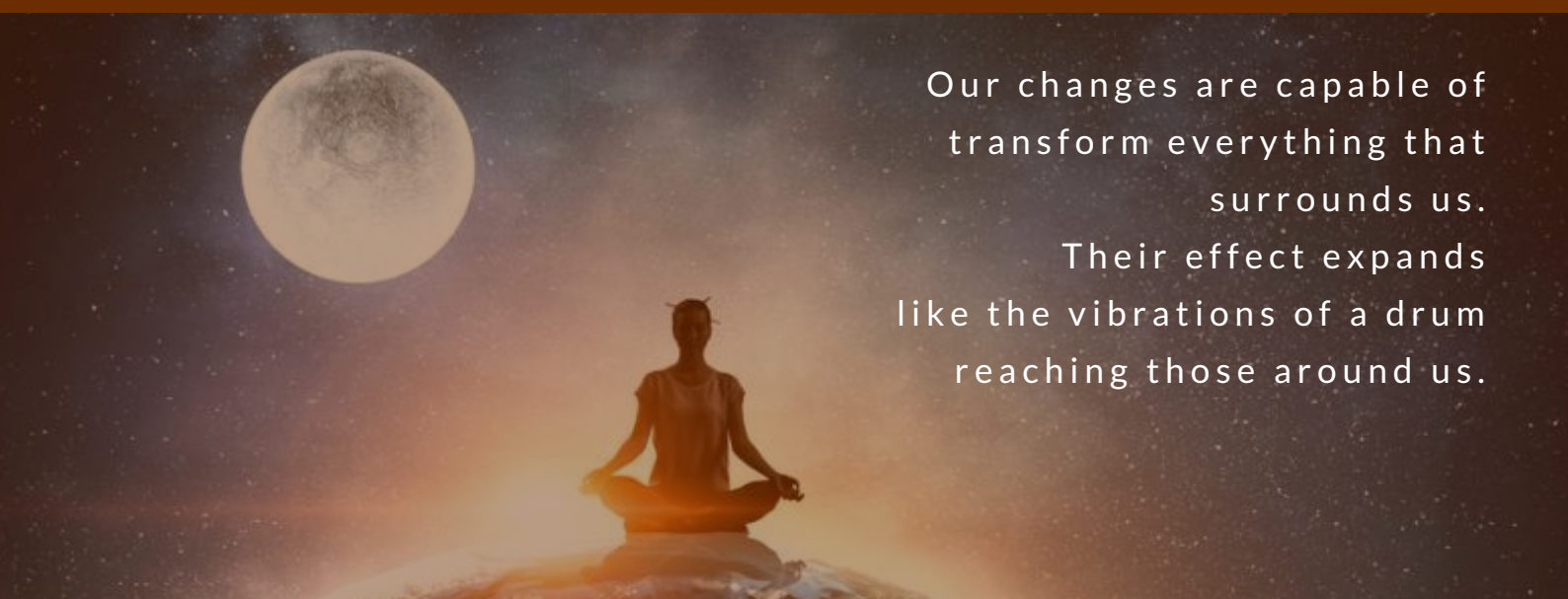
CLAUDIA CANTONE

Art therapist, clown and actress.

I hold clown courses at theater schools and clown therapy associations.

With my 4 shows I participate in international festivals.

I collaborate with Jango Edwards in the organization of the Nouveau Clown Institute.

A silhouette of a person sitting in a meditative lotus position on a glowing surface. In the background, a large, bright full moon is visible against a dark, starry sky. The overall atmosphere is serene and spiritual.

Our changes are capable of
transform everything that
surrounds us.
Their effect expands
like the vibrations of a drum
reaching those around us.