

A close-up photograph of a dog's face, likely a Border Collie, with striking blue and white fur. The dog's eyes are dark and focused, and its black nose is prominent. The lighting is dramatic, highlighting the texture of the fur.

Clown Rise 2

Workshop

TOTEM AND EMOTIONS

by Claudia Cantone

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Identification with your own animal makes it possible to perceive the world differently and look at it from other perspectives, thus enabling the achievement of dimensions that would otherwise be inaccessible. In other words, knowledge of one's own animal allows the person to transcend the boundaries of apparent reality and to overcome the qualities and powers of certain animals.

As an aid in the exploration process on emotions we use the "Totem" (animal entity). The use of the Totem allows the participant to enter the emotional states more easily because through him he can take distance from the personal experience and let the emotions flow playing. You can access this course if you have attended that on the clown and emotions.



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.