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Clown Chi

Clown Chi is the state of non-urgency and non-action, of "the here and now" characteristic of the Clown.
It is a moment in which to enter into the void, to look at it and wen the breath lives, becomes deeper; it marks the time, dilating it and making it possible the encounter with one's inner universe, in which to sink his/her own roots.

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Clown Chi

Energy, space and silence...

and then, as children,

be amazed by

the fairy tales of

our sense.

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Innocence

To be a clown
it means learning
to see the world
with the innocent
eyes of a child.

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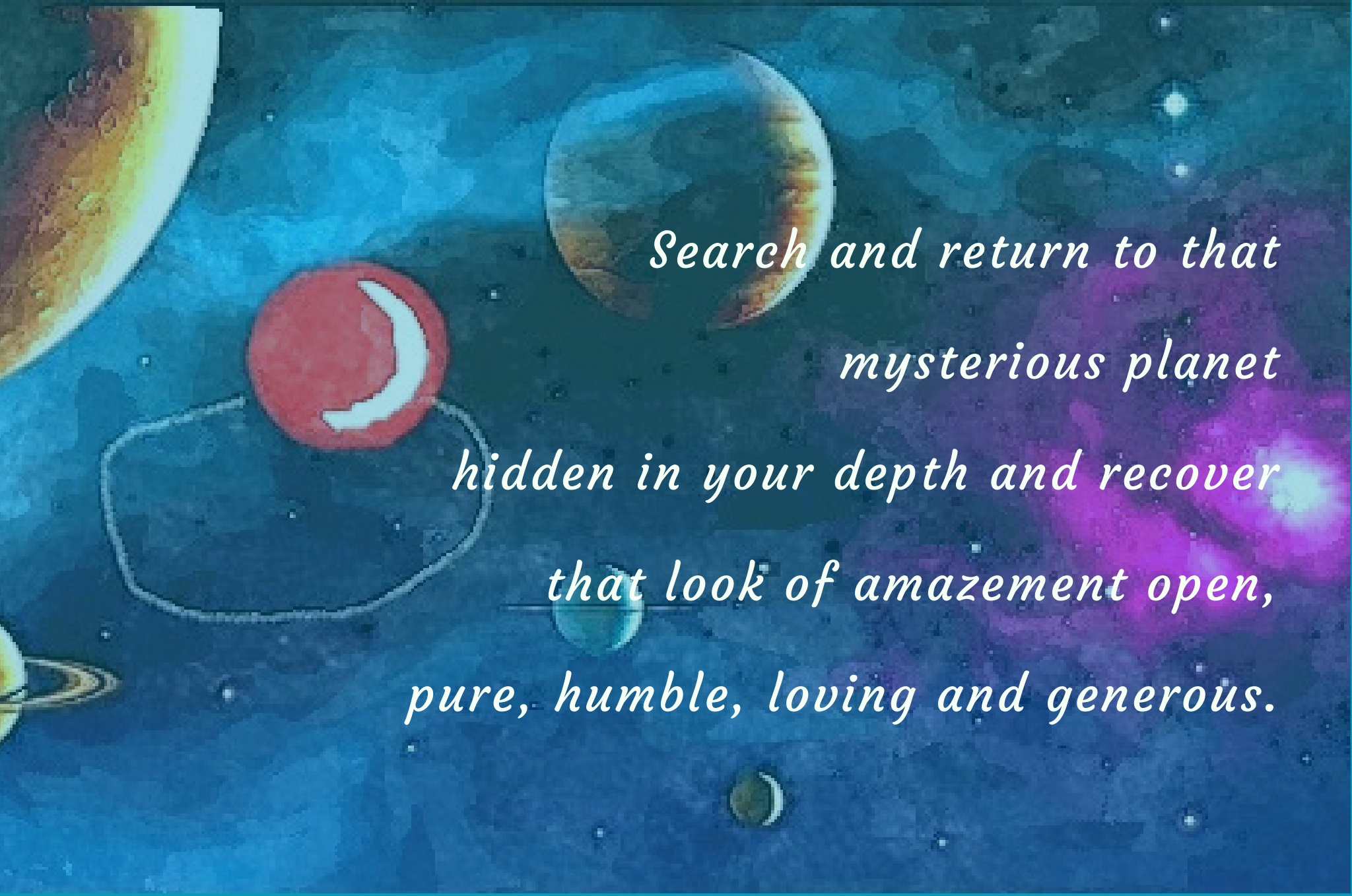

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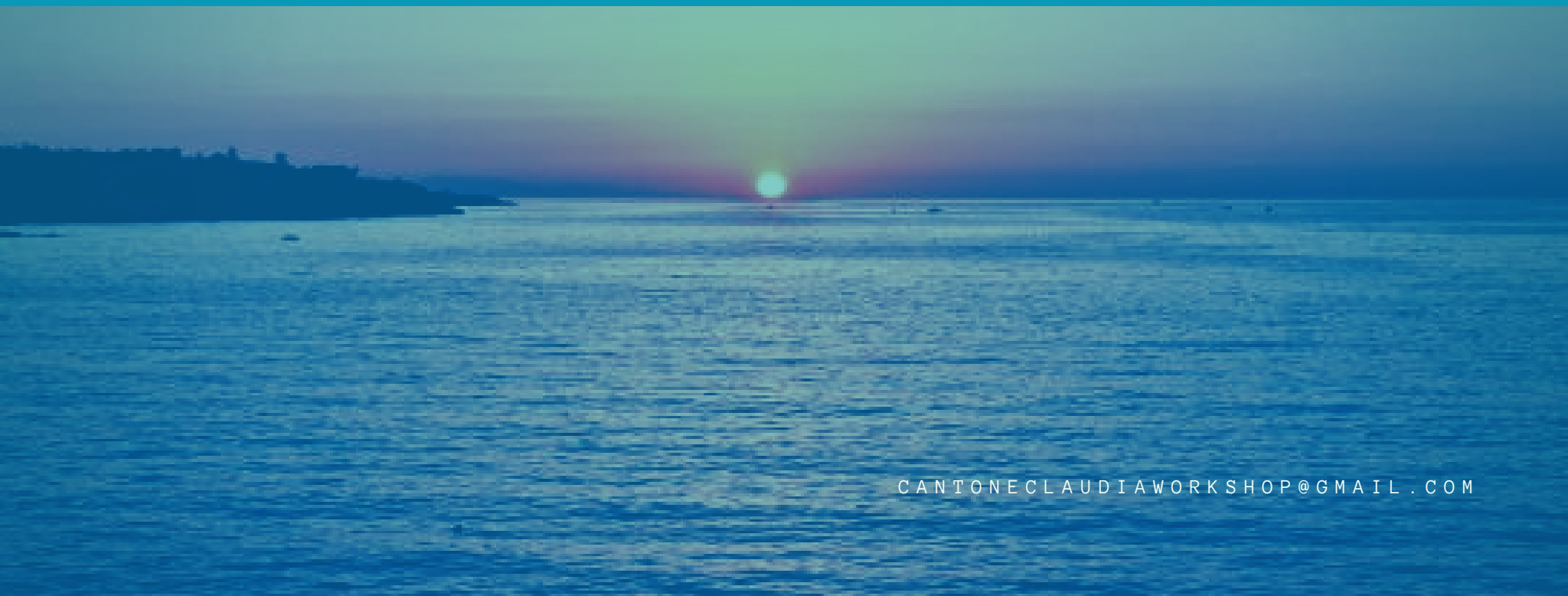
Clown Chi workshop consists of two indipendent session:

Clown Chi 1 - The Essence
and
Clown Chi 2 - The Magical Path of 5 Sense



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Clown Chi 1
The Essence

The sessions of "Clown Chi 1- The Essence" is a preliminary to the sessions of "Clown Chi 2 - The Magical Path of 5 Sense" and consists of 4 fundamental stages whose goal is to help the participant to dissolve any emotional blocks and restore a balanced flow of energy to achieve a space of inner silence.

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Clown Chi 1 - The method

1st stage: melting process of the group, through an encounter by means of sound and sync with the movement of the body.
2nd stage: "Osho active meditations" which frees the actor up to experience the thrills, restoring a balanced flow of energy awareness and a space of inner silence.
3rd stage: Discovering the five senses, using individual and then in pairs exercises.
4th stage: The moment of group recomposition and verbalization.

N.B.: A towel & red nose are mandatory for all participant. Comfortable loose clothing and slipper socks is recommended to wear.

Details:
Duration 2 days - 5 hours a day for a total of 10 hours.
Maximun number of participants: 15

Technical needs:
A clean, well lite room with smooth floor surface ideally wooden or tiled. 12m x 10m is the minimal room size demensions required.
An audio sound system appropriate to the dimensions of the space in which it is possible to connect computer or tablet.
One mirror of minimum dimensions: 40x60.
Table and 15 chairs.

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Clown Chi 2 The Magical Path of 5 Senses

"Clown Chi 2: The Magical Path of 5 Sense" is an experiential workshop on sensory activation that focuses its attention on the body dimension, rhythmic, dynamic and always shared with others. This event takes place in a natural environment, making this journey in the 5 senses unique and unrepeatable, also thanks to the stimulation of a series of situations and objects made available by the same natural environment.

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The contact with nature will allow us to tune deeply with its archaic, circular and maternal rhythm, placing us, physically and mentally, in a healthier space. The lack of acoustic and visual pollution, which is normally present in the cities, will help us to improve the tone of the mood and will help us to remove from the mind filters and prejudices, that can block our creative abilities. Together, we will build a sensory path during which we will explore our senses (smell, touch, hearing, taste and sight).

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Walking barefoot on different types of soil and smelling the scents of nature, are just a few examples of the sensory path we will achieve.
Information and stimuli from the outside are transmitted by the sensory organs and interpreted by the brain through the perceptual process, enabling us to grasp the surrounding reality, by organizing it in information of meaning.
The sensations are integrated with the ideas, emotions and memories that are part of the person's perception of the personal history, thereby activating the dimension of the imaginary. With the support of an art therapy procedure, we can turn this imaginary world into a concrete "material" (stories and/or characters) to handle it more fluid and creative.

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Therefore ideas, images, memories, etc ... born from our imaginary, can be valuable elements to be used in the construction of numbers during the directing work.
Creating a good relational space will allow us to feel comfortable in expressing our emotions, feelings and emerging thoughts, accepting them as they are and simply showing what is happening within us.
Thanks to the support of meditations, experiential exercises, playful activities and art therapy procedures, this laboratory will become a journey of discovery and exploration of ourselves.

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Clown Chi 2: The Method

1st. stage-A basic body and mind warm up using; space exploration plus techniques of meditation and relaxation.
2nd. stage-Implementation of play using games and exercises to create empathy, listening and complicity among the participants;
3rd. stage-The application of experiential sensory exercises;
4th. stage-A 90 minute encounter of art therapy;
5th. stage-Each participant will construct and compose a fictional biography of the character they created during the 4th stage art therapy session;
6th. stage-Clown improvisations performed by characters from their art therapy session;
7th. stage-The moment of group recomposition and verbalization.

N.B.: A towel & red nose are mandatory for each
Comfortable loose clothing and slipper socks is recommended wear.

Details:
Duration 3 days - 6 hours a day for a total of 18 hours.
Maximun number of participants: 15.

Technical needs:
A clean, well lite room with smooth floor surface ideally wooden or tiled. 12m x 10m is the minimal room size demensions required.
An audio sound system appropriate to the dimensions of the space in which it is possible to connect computer or tablet.
One mirror of minimum dimensions: 40x60.
Table and 15 chair.

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Claudia Cantone

Art therapist and clown, from Rome served for 17 years as an officer in the national police force where she evolved from public security tasks to psychological studies linked to local organizations.
But she was not happy. She knew she needed to find out more about life and change it!
At the same time, she began to study the Faculty of Philosophy and Literature, (University of Rome "La Sapienza") a special program for "critique of Theatre and entertainment".
She began to dive into the art world of theater and cinema discovering that the stage was the habitat that attracted her and the clown art she loved the most.

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Over the past 8 years Claudia has created, produced and toured 3 solo shows: " Zerozero Clown"; "The Adventure of Yaya Clown", a street show; "The Secret Annexe", a clown show based on Anna Frank story; and "Yaya in the Moon".
In 2014 she was featured in the documentary "Fool of Life" directed by Tommaso Magnano. She worked as a theater coach-trainer in the theatre at Rebibbia jail in Rome and has been during the past 6 years assistant director at "Nouveau Clown Institute" (N.C.I. Barcelona). In addition Ms. Cantone is a permanent member of the N.C.I. faculity where she presents the such classes as "Clown Chi", "White Nose" and "Buffoons-Sacred & Profane". She is attending a three-year Gestalt training school.

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Clown Chi

by

Claudia Cantone

CANTONECLAUDIAWORKSHOP@GMAIL.COM
+39 3479552286