

winning power by losing control



a workshop to reawaken
your real clown
(and your hidden laugh)

Nowadays we are lazy. We only seem to laugh when it's prompted by stand-ups and comedy game shows. This is a shallow, perfunctory laughter, triggered automatically through years of programming.

Then, without effort, it disappears. Forgotten.

Real laughter is different. It comes from the gut; from the heart, not the head. It is the belly laugh that erupts from within, without effort. It makes us lose control.

Real laughter is healing.

Real laughter engages our will, not just our heads.

Real laughter is memorable.

Real laughter gives us energy and, at the same time unblocks energy. It calms us.

This workshop is suitable for theatre studies, drama courses and sixth form.

It has been developed from a culmination of my extensive performance work and teaching experience as course leader on the **Italia Conti Academy** degree course; as associate lecturer at **Chichester University**, and from years of self-discovery and leading workshops internationally.

Workshop Leader

Chris Cresswell is an experienced workshop creator and leader. A former member of **Ra Ra Zoo**, he now directs **Voodoo Vaudeville**, "the UK's leading contemporary vaudeville company."



Over the years, Cresswell has devised and led a wide variety of workshops, including a master class clown course at **Die Etage Sommerakademie** in Berlin. He was BA Acting course leader at **Italia Conti Academy**, and has taught street, clown and physical theatre at **Northbrook College Brighton**, and **Circus Space London**.

Armed with a wealth of directing experience and an MA in Theatre and Circus from Middlesex University, Cresswell is currently offering workshops in Clown and Vaudeville, exploring the techniques and skills involved in clowning for the theatre, cabaret and physical comedy – drawing inspiration from the worlds of vaudeville, music hall and circus.

Background

This teaching is inspired by an intuitive and spontaneous approach to theatre and performance. A willingness to participate and accept is more important than a wealth of performing experience. The aim is to develop a creative and supportive environment within which the participant can free themselves from old patterns and learn to play. The results are often moving, surprising and hilarious. We are keen to generate a world where anything can happen!



Themes

Teaching falls into the following categories:

- Games to activate physical and mental alertness
- Exercises to release inhibition
- Projection and stage presence
- Comic timing
- Chorus work (group activities)
- The art of the theatre clown
- Exercises to develop the choreography of comedy
- Devising techniques



Contents

This course will start by exploring our natural rhythms and innate comedic talent. Exercises develop self-confidence and self-awareness. As the course progresses, participants will be encouraged to develop their own material, ending with a presentation of the work created.

The first session will concentrate on releasing creativity, finding the joy in play, and conquering inhibition. Subsequent sessions will start with exercises, and then the group will work through traditional routines. Through this work, they will be encouraged to find new ways of presenting themselves on stage.

As the course progresses, we will look at finding new comic characters, discovering and releasing the innate clown, and supporting each other to push through personal boundaries. Participants will work solo, in pairs and also in chorus exercises, discovering personal rhythms and timing, looking at comic archetypes and building an effective on-stage persona.

The course will culminate in devising group and individual work and presenting the results in a final performance.

Costs

A typical workshop costs between £150 and £200 per three-hour session; or if less, then equivalent to Higher Education Rates.

Enhanced CRB Checked



“One of the most inventive comedy acts I’ve seen for years.”

– Edinburgh Guide

“Chris Cresswell certainly knows how to create interactive revelry between audience and performers.”

– The Argus Brighton

“Chris Cresswell’s dry surreal comedy is the lynchpin at the centre of this cabaret.”

– Edinburgh Guide



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