

THE DOOR TO YOUR CLOWN

2 day workshop in Dublin led by award winning actress, writer and theatre maker Ruth Lehane

FUN, EXPLORATORY, REVEALING! – Peter



There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost. – Martha Graham

THE FOCUS: This workshop focuses on the freedom given by the red nose which allows us to discover more about who we really are in essence, at our core. When we drop the accumulated perceptions of who we think we should be, a door opens to a place where we can reveal our true selves without judgement and where anything can happen.

THE AIM: Through various preparatory exercises influenced by both European and Native American approaches to clown, the participants will access the many colours of their individual palette and allow them to shine through. For example: light/darkness, joy/pain, frivolity/seriousness, disappointment and delight. Once the various facets of the clown are discovered, we can then bring them to a state of play.

Ruth's unique range of experience makes her workshops exciting, challenging, inspirational and fun.



Ruth Lehane: founder of Fourth Leaf Theatre Company is an award winning clown performer, writer and maker of clown theatre. Working for two years with Jacques Lecoq in Paris, she discovered the European approach to clown. She later studied Clown Through Mask, a Native American approach, developed by Richard Pochinko with Sue Morrison in Toronto. For more info go to: www.RuthLehane.com

WHAT PARTICIPANTS SAID:

Ruth really holds you and directs you in a fun way. Ruth is a fabulous facilitator. – Brid

Helps one to connect to oneself, to play, to "step out of the box", to make discoveries and to revive the imagination! – Valerie

To see some of your true self. Learn about yourself. Get a break from normal society. Embrace yourself! – Aoife

Fun, Rigorous, Inspiring! – Val

Explorative, Emotive, Enlightening! – Laura

DATE: SATURDAY 28th & SUNDAY 29th NOVEMBER 2015

TIME: 10AM – 5PM (with an hour for lunch)

VENUE: THE LAB, 1 Foley Street, Dublin 1

COST: €150

Places limited to 10. To book a place call Ruth on 087 993 6418.