



Insight Improvisation: Freedom in Performance

A two day workshop with Joel Gluck, Drama Therapist, USA

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At Khula Aasman Trust, Mumbai

C/o Sukhshanti, Opp BARC Main Gate, Mankhurd, Mumbai - 400 088, 022 25584687



Dates: 14 and 15th April.

Venue: Khula Aasman Trust

Time: Date 14th April - 9 am to 5.30 pm / 15th April - 8 am to 3.30 pm.

Lunch time - 14th - 12.30 noon to 1.30 pm / 15th - 11.30 am to 12.00 noon.

Who can join?

The workshop welcomes actors, theatre artists, and improvisers; drama therapists and creative arts therapists; practitioners of applied theatre; and students in these fields—anyone interested in the intersection of meditation/mindfulness and theatre.

A fun training filled with self-expression, creativity, and physical/vocal work, it's designed for anyone who would like a different view of what acting and improvisation are, and to improve their skills. Professional actors stand to benefit a great deal, if they are seeking new inspiration and are open to new approaches. Non-actors can also benefit, increasing their flexibility, spontaneity, and ability to relax and feel grounded in front of an audience.

Key concepts:

Advanced exploration of Performance Mind versus Being Mind; how to let go of "good ideas" and return to the present moment; and how to "enter empty," and come from one's own authentic center.



Activities: One Minute Solo; the Amplification exercise; discovering Images and Stories through Authentic Movement; Spontaneous Storytelling; creating improvised scenes with a partner using The 3 States; Spontaneous Writing and performing a text incorporating movement and singing; and the culminating exercise, FreeBe, which draws upon all of the skills and ideas from the program.

Note:

This workshop is a required program for those taking advanced courses in Insight Improve to earn certification. The description of the certification requirements should be coming soon.

Fees:

Rs 3500 per person, inclusive of Lunch and Tea.

Draw cheque in the name of Khula Aasman Trust or pay deposit directly at:
Indian Overseas Bank, Account No: 048701000021641,
IFSC Code: IOBA0000487, Branch: Cheddanagar, Chembur, Mumbai.

Lunch:

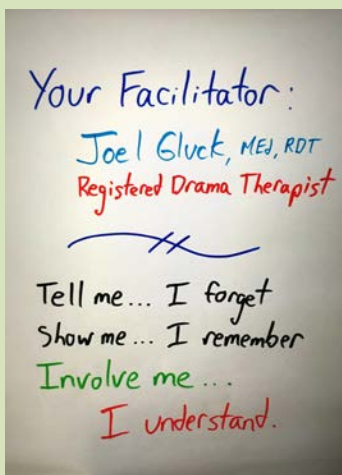
Working Lunch will be provided. The cost per participants is Rs 3500 for two days, and is included in the workshop fee listed above. Please keep lunch time free for a dialogue with a partner. Please do not plan your phone calls or any other visit during the lunch break. (There will be additional breaks throughout the two days.)

Dress:

Please dress to move; in loose, comfortable, casual clothing (e.g. t-shirts and sweatpants are fine).

What Else to Bring:

You may optionally bring a water bottle, a sitting cushion, a pen and notebook.





About the facilitator – Background:

Joel Gluck, MEd, RDT is a drama therapist, meditator, theatre artist, and executive coach who offers individual and couple therapy, workshops, clinical training, and coaching for performers and professionals throughout the world.

His writings on drama therapy include "Mindfulness and Drama Therapy: Insight Improvisation and the Transformation of Anger" in the book *Mindfulness and the Arts Therapies* edited by Laury Rappaport (Jessica Kingsley, 2013), "Insight Improvisation" in *Interactive and Improvisational Drama* edited by Adam Blatner with Daniel Wiener (iUniverse, 2007), as well as numerous other articles and chapters.

Joel is an RDT (Registered Drama Therapist) accredited by the North American Drama Therapy Association (NADTA), and has taught drama therapy--including his own approach, Insight Improvisation--in the US and Asia. He has also used theater and drama therapy in his work with ex-cons and prison inmates, inner-city students, tsunami survivors in Thailand, school teachers in rural India, borderline personality disordered patients, and the elderly.

A graduate of the two-year intensive acting, directing, and play writing program at Trinity Rep Conservatory in Providence, Joel has acted in and directed a wide range of professional theater, from Shakespeare to improv comedy to experimental performance, and has garnered favorable reviews from the New York Times and others. He was a core actor with Boston's Pilgrim Theater and a long-time performer with True Story Theater, a Playback Theater ensemble working for social change.

In the corporate world, Joel has served 20 years as an executive coach and leadership trainer, working extensively with Harvard Business School and other top executive education programs, as well as with the leaders of some of the largest companies in the world. Joel brings his theater expertise into the corporate world, using acting techniques to help leaders and managers develop leadership presence and succeed with the communication challenges they face every day.

Joel received a Master of Education degree in Drama Therapy Studies from Lesley University, with a special focus on Buddhist psychology and peace-building. He lives in Belmont, MA, USA with his wife, Orapin, and their two children.

To learn more about Joel's drama therapy work and Insight Improvisation, please visit: www.insightimprov.org

About the organiser:



Khula Aasman Trust has been working with the tools of Expressive Arts Based Therapy with the marginalised population since 2013 in Mumbai. Khula Aasman connects the experience of creative arts and crafts to the marginalised communities like children in Observation Homes, rescued women of trafficking, Incarcerated population, educational institutions, and senior citizens. The aim is to create safe and non-judgemental spaces for healing self and building bonds with others. The power of the session lies in taking participants beyond the barriers of caste, class, gender region and religion.

khulaaasman.org / 9969518968 / 022 25584687 / sarita.khulaaasman@gmail.com

Thank you.