

UNFOLD_

Glion Institute of Higher Education

Embodiment as a key element in the process of understanding an environment

UNFOLD_ leads a one-day theater workshop with a group of students to explore the links between movement and emotions, the physical body and the creative body, rhythms and imagination, the individual and the collective.

- _ Warming up & looking for playfulness
- _ Creating new narratives and images
- _ Rehearsing physically and vocally in a dedicated space and time
- _ Expressing, in front of their peers, clear intentions from the first line to the closing sentence

Intentions

Working on physical presence and awareness

Listening to the group, space and time

Risk-taking in a safe, non-judgmental environment

Awakening our capacity to welcome what is “here and now”