

*(English version below)

Klaunska radionica kod Barabbe

Od 13. do 14. prosinca 2024.

Prijava na radionicu na linku:

https://docs.google.com/forms/d/e/1FAIpQLSe2jgUhE3gv4FdDq4LFqBm_eQTEGI2OEzxDhxjCDUMtbp8xw/viewform?usp=pp_url

Rok za prijavu je 29.11.2024.

Klaunska radionica je siguran prostor za pokretanje procesa otkrivanja drugog „ja“. Zapravo prvog, pravog „JA“ koje je stavljeno u drugi plan jer je skriveno pod maskama poštovanja i društva.

Ova radionica je namjenjena svima koji su zainteresirani za prevladavanje strahova koji nas sprječavaju da budemo potpuno pristuni sada i ovdje. Kroz grupne igre i vježbe pokrenuti će se duboki unutanji proces ponovnog otkrivanja nevinosti našeg djetinjstva. Iskustvo ove radionice može vam pomoći u provođenju svog posla izvođača plesača, cirkuskih umjetnika, ali i učitelja, odgajatelja, animatora, roditelja... Svima koji imaju posla s ljudskim.

Svatko tko je zainteresiran izaći na pozornicu samo sa sobom, a kak je dobar stari Sheakspeare rekao „cijeli svijet je pozornica“. Stoga, radionica je za sve 😊

Radionicu vodi klaun sa preko dvadeset godina iskustava koji će nam pokazati načine da otkrijemo kako da skinemo sve svoje maske, da pronađemo način da dođemo u kontakt sa stvarnim „JA“ te da ga stavimo u prvi plan. Da poboljšamo iskustvo bivanja ovdje, sada, goli, sa svim svojim slabostima, snagama, kontradikcijama i da se zabavimo sa time.

Zašto baš klaun, a ne cjelovikendno meditiranje i seanse dijeljenja emocija?

Osnovni princip klaunizma je da klaun živi i postoji 'ovdje i sada'. Klaun je slobodan prepustiti se biti on, nema što dokazivati, a greške za njega ne postoje, one postaju darovi. Klaun svoj svijet temelji na iskrenim emocijama, dopušta si duboko dirnuti i igrati se sa suštinom onoga što znači biti čovjek, slobodan od osude i uvijek postupa s puno dobrote, za sebe i za svoju publiku.

Proći ćemo kroz grupne igre i vježbe, pojedinačne i skupne radove introspektivnog istraživanja, da bismo završili u ludilu grupne improvizacije i zabave.

The workshop

Radionica je rezidencijalna i maksimalno za 10 sudionika, što znači da ćemo živjeti zajedno 3 (ili 4) dana, kako bismo stvorili lijepu i udobnu grupu kojoj možemo vjerovati, tako da se možemo slobodno ponovno otkriti bez straha da ćemo biti osuđivani.

Radit ćemo od 9.30 ujutro dok ne stignemo, osim u petak (13.12.2024) kada krećemo sa radom kada svi sudionici stignu u The Theater in the Wood.

Uz vrijeme za pauze za čaj i ručak..

Nakon večere ne radimo, ali prostor omogućuje lijepo druženje.

Radionica će se voditi na engleskom jeziku, ali ćemo moći pomoći u slučaju govornika talijanskog/hrvatskog/španjolskog/francuskog jezika.

Where?

Radionica će se održati u the [Theater in the Wood](#), malom kazalištu napravljenom od organskih materijala kao što su drvo, slama i blato, usred istarskih brežuljaka.

Ima mjesta za spavanje (ponesite svoje deke, plahte, vreće za spavanje...)

Ukusna vegetarijanska hrana je uključena u radionicu.

Naravno, vaša pomoć u kuhinji i ostalim svakodnevnim poslovima bit će više nego dobrodošla!

Molimo sve da budu na vrijeme!

Primamo sudionike koji su u mogućnosti sudjelovati u svim danima i aktivnostima radionice. Možete doći i večer prije radionice, samo nas obavijestite unaprijed.

Ponesite sa sobom:

- Neki stari ili čudni kostim koji možemo podijeliti kako bismo pronašli novu kožu našeg klauna.
- Playlista nekih pjesama koje vas diraju na sve načine (radost, tuga, osjećaj moći...) na USB-sticku
- Popis pjesama koje vas tjeraju na ples, na USB-sticku
- Papir i olovka
- Odjeća za fizički rad i čista obuća
- Deke ili vreće za spavanje za horizontalni rad (Kazalište u šumi može biti jako toplo, ali pod je uvijek malo hladan)

***** ENGLISH *****

Barabba Clown workshop

From 13th to 15th of December 2024

Registration required:

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Registration deadline is 29.11.2024.

The clown workshop is a place where space will be created to start the process of discovering the real "I", which is put in the background because it is hidden under the masks of respect and society.

This workshop is designed for anyone interested in overcoming the fears that constrain us to be fully present in the here and now. Through group games and exercises, a deep inner process of rediscovering the innocence of our childhood will be initiated. The experience of this workshop can help you in carrying out your work as a performer, dancer, circus artist, but also as a teacher, educator, animator, parent... Anyone who deals with human beings.

This is for anyone who is interested in going on stage with just themselves, and how good old Shakespeare said "all the world's a stage". Basically the workshop is for everyone 😊

The workshop is led by a clown with over twenty years of experience who will guide us to discover how to remove all our masks, to find a way to get in touch with the real "ME" and to put it in the foreground. To enhance the experience of being here, now, naked, with all its weaknesses, strengths, contradictions and to have fun with it.

Why a clown, and not a whole weekend of meditation and emotional sharing sessions?

The basic principle of clownism is that the clown lives and exists 'here and now'. Clown is a state of mind where you are having fun with the uncertainty of life. A clown is free to let himself be himself, he has nothing to prove, and mistakes do not exist for him, they become gifts. The clown bases his world on honest emotions, allows himself to be deeply touched and play with the essence of what it means to be human, free from judgment and always acts with a lot of kindness, for himself and for his audience.

We will go through group games and exercises, individual and collective works of introspective research, to end in the frenzy of group improvisation and fun.

The Workshop

The workshop is residential and for a maximum of 10 participants, which means that we will live together for 3 (or 4) days, in order to create a nice and pleasant group in which we can trust, so that we can freely rediscover ourselves without fear of being judged.

We will work from 9:30 a.m. until we finish with all activities. Except on Friday (13th of december) when we will start with workshop after everyone arrives to the Theater in the Wood.

With tea time and lunch breaks..

We don't work after dinner, but the space allows for nice socializing.

The workshop will be conducted in English, but we will be able to help in the case of Italian/Croatian/Spanish/French speakers.

Where?

The workshop will take place in the [Theater in the Wood](#), a small theater made of organic materials such as wood, straw and mud, in the middle of the Istrian hills.

There is a place to sleep (bring your own blankets, sheets, sleeping bags...)

Delicious vegetarian food is included in the workshop.

Of course, your help in the kitchen and other daily tasks will be more than welcome!

We ask everyone to be on time!

We accept participants who are able to participate in all days and activities of the workshop. You can also come the evening before the workshop, just let us know in advance.

Bring with you:

- Some old or weird costume that we can share to find a new skin for our clown.
- Playlist of some songs that touch you in all ways (joy, sadness, feeling of power...) on a USB stick

- A list of songs that make you dance, on a USB stick
- Paper and pencil
- Clothes for physical work and clean shoes
- Blankets or sleeping bags for horizontal work (The theater in the forest can be very warm, but the floor is always a little cold)