

The Fool Workshop

With Franki Anderson

Free your inner player
To play
To improvise
To be creative



Spinning out of nothingness we dance - Rumi

Franki's work is deep and enabling, challenging and rewarding. It has its roots in theatre and provides a deeper understanding of how our inner nature, innocence - inner-sense, the fool, is obstructed by our judgements and criticisms of our "selves". Through movement the work takes us on a journey into our bodies and the stories that lie untold within, which find expression through play theatre and dance. Its roots lie in the very basic relationships that make theatre; audience and players, it is an improvisation of the heart that connects the player with the audience.

Franki the fool draws on her years of experience as a performer, improviser, parent and dancer, to support the individual in their unique process of creativity and self-discovery.

This work appeals to creative practitioners and those that seek greater access to their creativity and personal development. The archetype of the fool, steps carelessly off the cliff, with a smile, with nothing but a dog pulling at his trousers as a warning of the abyss before him.

"It sounds scary but it is fantastic" says a recent participant.

Exeter

Workshop dates 12/13 February
 5/6 March
 4 to 8 April (Week)

Cost: £120 (£100 conc.) for each weekend £350 for the week

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