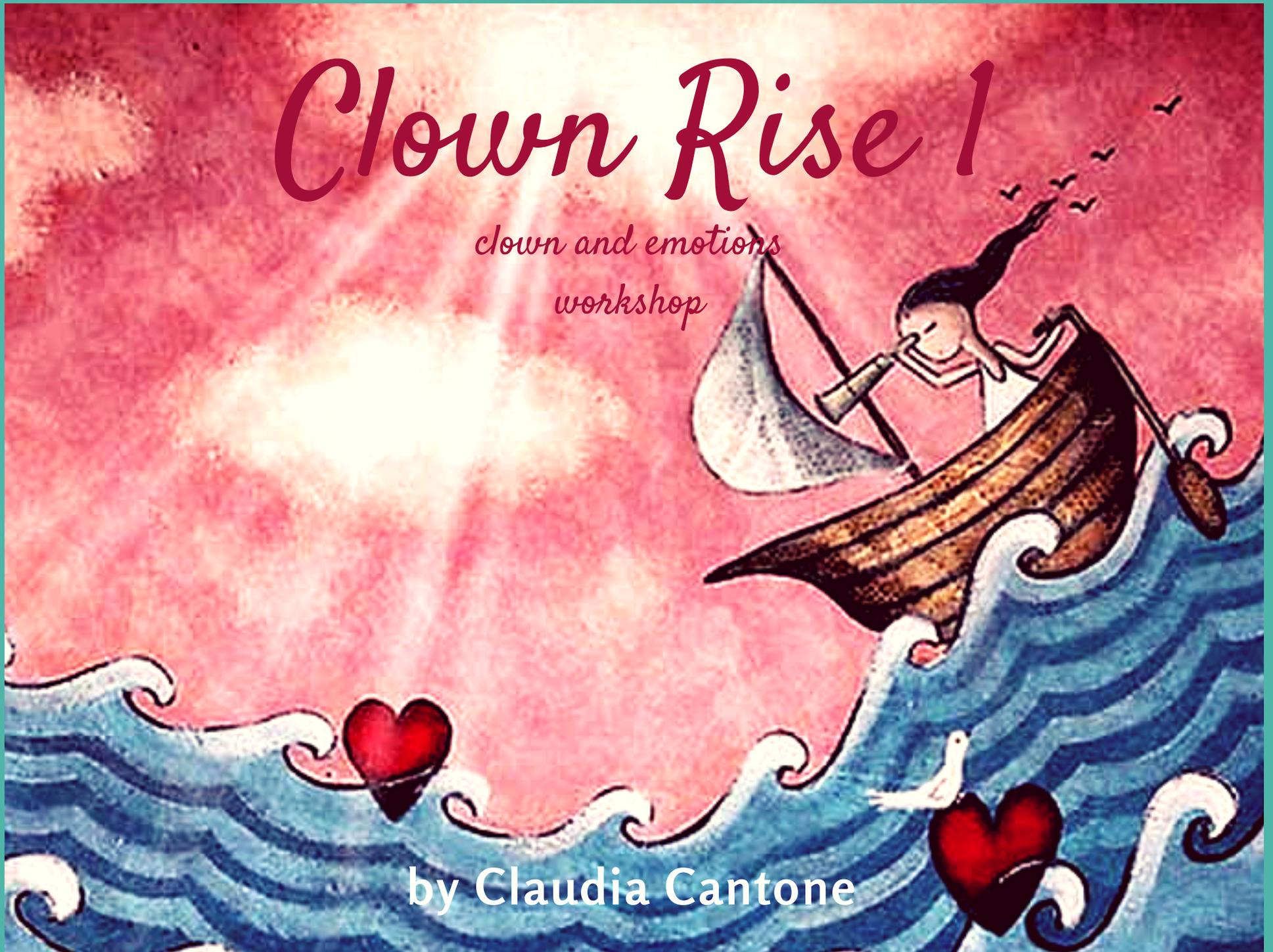


Clown Rise 1

*clown and emotions
workshop*

by Claudia Cantone



Clown Rise 1

"Clown-Rise 1 Clown and emotions" is a workshop on the art of navigating through emotional currents through the clown mask (red nose).

In this perspective, the clown mask is a tool to understand life in a lighter, quieter but mostly authentic way.

Rediscover the state of innocence of when we were children, free from judgment and superstructures and always ready to surprise ourselves for everything, it is ESSENTIAL to navigate between our emotions. It is about accepting what we feel honestly without hiding our emotions. This is possible if we are willing to take a journey of personal introspection, of knowledge of emotional intelligence, of fragility, of vulnerability and of our limits.

When a clown shares his emotions, getting a laugh from the audience, he shows that his emotional universe is a precious treasure because it causes laughter. Every human being has this treasure.

Making people laugh is a "miracle" that has to do with the real life of "here and now".

Laughing ourselves and making people laugh is a miracle that reveals the beauty of our life and that of others.





Method

- A basic body and mind warm up using.
- Space exploration plus techniques of meditation and relaxation.
- Games and exercises to create empathy, listening and complicity among the participants.
- Experiential exercises on the state of innocence of the clown.
- Laboratory of art therapy.
- Introduction on the difference between primary and secondary emotions.
- Experiential exercises to explore the primary emotions.
- Themed improv games.

- N.B.: Wear comfortable clothes and socks. Bring a red nose.



Details

- A clean, well lit room with smooth floor surface ideally wooden or tiled. 12m x 10m is the minimal room size demensions required.
- An audio sound system appropriate to the dimensions of the space in which it is possible to connect computer or tablet.
- One mirror of minimum dimensions: 40x60.
- Table and 15 chairs.

Duration tthree days - 6 hours a day for a total of 18 hours.

Maximun number of participants: 15



Biography

Art therapist and clown, from Rome served for 17 years as an officer in the national police force where she evolved from public security tasks to psychological studies linked to local organizations. But she was not happy.

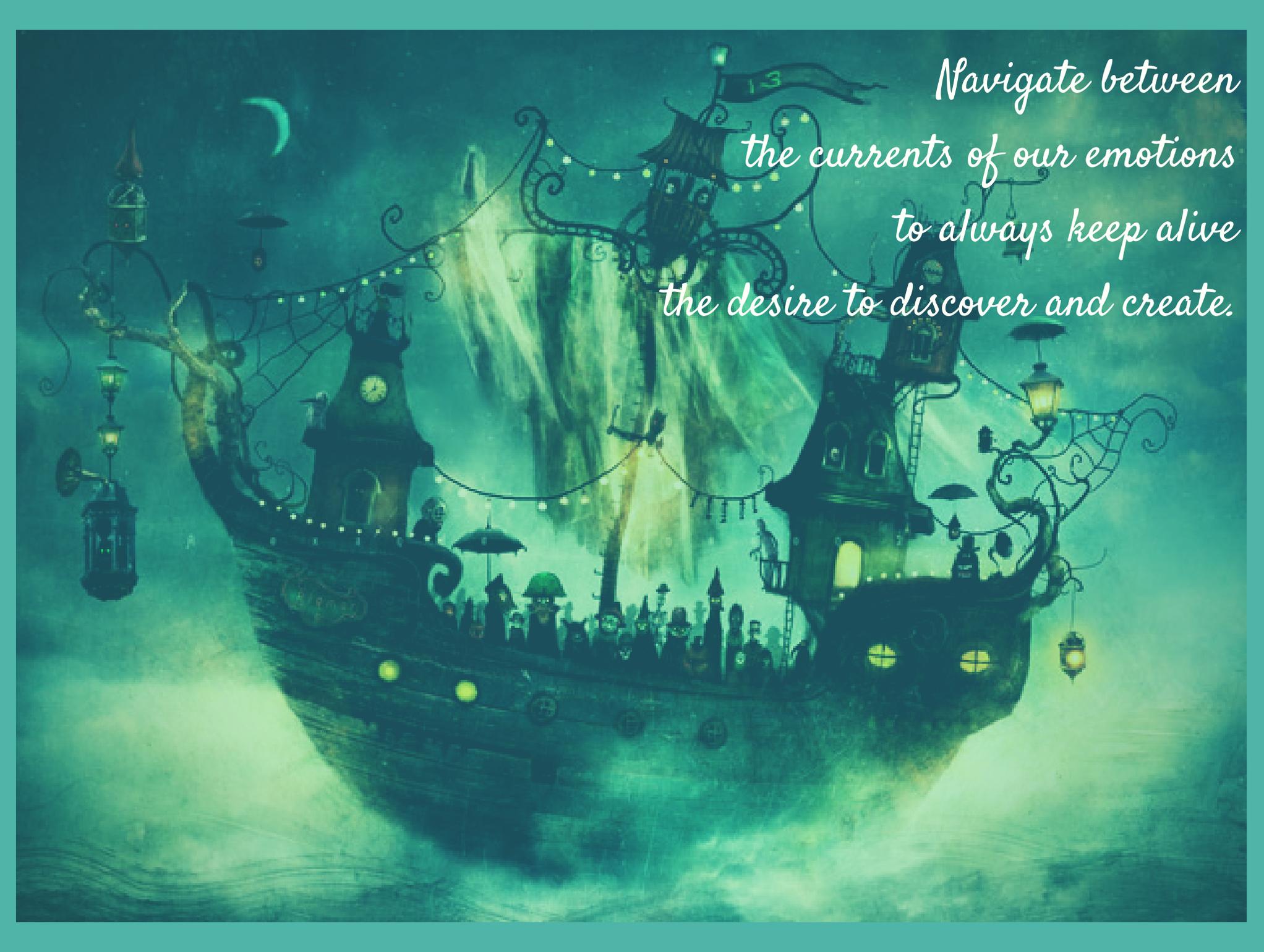
She knew she needed to find out more about life and change it! At the same time, she began to study the Faculty of Philosophy and Literature, (University of Rome "La Sapienza") a special program for "critique of Theatre and entertainment".

She began to dive into the art world of theater and cinema discovering that the stage was the habitat that attracted her and the clown art she loved the most.

Over the past 8 years Claudia has created, produced and toured 4 solo shows: "Zerozero Clown"; "The Adventure of Yaya Clown", a street show; "The Secret Annexe", a clown show based on Anna Frank story; and "Yaya in the Moon".

In 2014 she was featured in the documentary "Fool of Life" directed by Tommaso Magnano. She worked as a theater coach-trainer in the theatre at Rebibbia jail in Rome and has been during the past 6 years assistant director at "Nouveau Clown Institute" (Barcelona).

In addition Ms. Cantone is a permanent member of the N.C.I. faculty where she presents the such classes as "Clown Chi", "White Nose" and "Buffoons-Sacred & Profane".



*Navigate between
the currents of our emotions
to always keep alive
the desire to discover and create.*

The background of the top half of the image is a teal color with a faint, artistic illustration of a boat on waves. The waves are stylized with white and light teal curls. There are three red hearts scattered across the scene: one on the left, one in the center, and one on the right. A white bird is also visible near the right heart. The title 'Clown Rise 1' is written in a large, red, cursive font at the top.

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