



MINIWORKSHOP - 3 HOURS

JUMP

with CRISTIANA DE MAIO

Keith Johnstone says: "The stage is a scary place. It's up to us whether to bulk up our armor or face our fears."

While we improvise we build beautiful platforms, we "set up" everything to perfection but then we stop at the edge of the ravine and watch the improvisation sink into the quicksand.

Why does this happen? How can we avoid it? What are the fears that increase our armor?

"What I mean?

You might as well skip it. Jump!

Go ahead, jump"

"Jump" Van Halen