

GIVING BODY TO THOUGHT CORPOREAL MIME WORKSHOP

Janaína Tupan

This workshop aims to explore how the body can be the vehicle of the expression of thought. It introduces the participants to one of the components of the “arts du mime et du geste”, the corporeal mime technique developed by Etienne Decroux, showing how it can be used for creative purposes. The workshop is organised in two phases: the first phase is a technical introduction to the fundamentals of this corporeal art and the second one proposes a personal creative exploration of this technique. The bases of the technique which will be explored are articulation, counterweights and dynamo-rhythm:

- Articulation: we will work starting from scale exercises in order to discover the different articulations for the body, especially on the spine. Articulation is as basic a component of corporeal language as it is for spoken language.
- Counterweights: a heavy box, old age, a serious situation. As Etienne Decroux used to say, “everything weighs”. We will study the use of weight and counterweights through figures and envisage gravity as a real or metaphorical component of an action.
- Dynamo-rhythm: also through figures, we will study rhythms and dynamisms and most specifically the interconnexion between the two to explore the unique concept of dynamo-rhythm.

The workshop will also propose a moment of creative exploration where the participants will be able to work, based on the studied principles, on a short corporeal composition of their own. Our point of departure will be decomposing simple actions so as to stylise them in a way that evokes the thought process. This is what Etienne Decroux called the “reverse metaphor”.

At the end of the workshop, the participants will have discovered a new approach of mime technique, a physical comprehension of the body’s potential for expressivity and creativity.