



## **Course Outline**

The Barrow Group School  
Course: Theatrical Clowning Workshop

### **Course Description:**

The study of theatrical clown teaches us many things about ourselves as performers:

- how to begin from a simple yet energized presence,
- how to develop greater trust in our creative impulses,
- how to sustain the great pleasure of playing in the moment,
- and above all, clown helps us accept our own unique ridiculousness, which brings our full humanity to the forefront and transforms our habits of restriction into skills of open expression.

### **What to expect:**

- Each class begins with a physical warm-up and/or a series of movement games.
- This is followed by a progression of solo and group activities and improvisations designed to help you experience your own clown(ness). The smallest mask, the red nose, is utilized as a tool for transformation.
- In addition to in-class work, you will also be asked to create and present short clown pieces. (6-week session)

### **Dress:**

- Please wear comfortable clothing – the class includes both physical activity as well as observation of each other's work – consequently students may want to wear more than one layer of clothing.