



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.