

RICH KUPERBERG // CORPOREAL MIME MASTER CLASS

Oct 11, Oct 18, Oct 25, Nov 1 // The Mill – Averill Park, NY

DESCRIPTION

Arts, Letters and Numbers is pleased to announce that Corporeal Mime Rich Kuperberg will be teaching a four session master class as a part of our Fall programming. The purpose of the workshop is to support and enrich ones' ability to identify and isolate muscle groups to enable the body to communicate without words and with artistic form.. The isolation of the head, neck, chest, waist, hips, arms and legs necessitates engaging the core for proper training and control of the body. The concept of body control and focus is key to Rich's approach. The concentrated exercises and vocabulary foster the ability to communicate emotion, imaginary objects, resistance, movement dynamics and character. Everyday activities of work, play, and sport require proper motion where transfer of energy needs to be efficient giving the viewer both a kinetic and artistic experience. Professional movement instructors, actors, dancers and performance artists studying this method will gain a clear understanding of how to communicate to their audience what is in their mind. The goal is to make the body as egalitarian as possible for each individual. Participants will benefit as their kinesthetic awareness becomes more intuitive, posture improves along with balance and spatial awareness. Moving and sculpting space with the body to achieve an emotional response from the viewer is the goal of making an interesting performance or just carrying oneself with confidence.



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BIO

Rich Kuperberg is a movement specialist with over 30 years of experience teaching and performing. He has extensive training as a corporeal mime, modern dancer and physical character clowning, and is Artistic Director of KoMotion Movement Theater. He has received grants from the National Endowment for the Arts, the New York State Council on the Arts, and the City of Albany, N.Y. He studied Corporeal Mime in Paris France with Etienne Decroux, the father of contemporary mime and the teacher of Marcel Marceau. He also studied modern dance with Jennifer Muller, the Works and The Jose Limon Company to mention a few.

Rich developed a method to teach movement/ theater through focus exercises and his training as a Corporeal Mime from the school of Etienne Decroux. Concentration, core engagement, body part isolation and movement dynamics all derived from Decroux and Grotowski, enable the body to move both organically and architecturally. As a result of working with Pilates instructors in NYC at the True Pilates Studio, Rich developed methods to identify core engagement through movement isolation. Rich now offers workshops to actors, dancers, Pilates and movement instructors performance artists and the general public in a master class format of 4 sessions combining these modalities.

STRUCTURE

The classes will be held over four sessions, of three hours each, covering intensive training in a range of subjects and techniques including: isolation of the head, neck, chest, waist, hips, arms and legs in the lateral plane as well as in depth. Tension release with resistance will accompany the isolation since movement cannot be initiated from tension but from relaxation. The core muscles initiate every movement. These muscles also stop the movement. Once the isolation and progressive and digressive movements are identified, control through movement dynamics will be introduced to reinforce the muscle memory and emotional impact. Rich also provides clear visualizations for focus techniques that enhance concentration and can be incorporated into any movement training program.

- Oct 11 SESSION I :
Alignment, Lateral Movements of Head, Chest and Hips
Intro to Focus and Illusions
- Oct 18 SESSION II :
Triple Design with Head, Chest and Hips
Intro to Counterweights and Communication Without Words
- Oct 25 SESSION III :
Decroux Figures and Choreography
Moving Thoughts and Developing Group/Solo Pieces
- Nov 1 SESSION IIII :
Review of Previous Classes and Informance



REGISTRATION

Location: Arts, Letters & Number's Mill
1525 Burden Lake Road
Averill Park NY 12018

Time: 3 hours per session ... 11am - 2pm

Fees: Individual Sessions \$50
Full Course \$175

The number of participants is limited to 15 per class.
Registration and further information will be available soon at:

WWW.ARTSLETTERSANDNUMBERS.COM/REGISTRATION

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info@artslettersandnumbers.com