

Martine Baanvinger, Colin Minney &
Yama Yoga Studios present

**ZEN
ZEN
ZO** 象
COMPANY

Zen Zen Zo Physical Theatre's **EURO-TOUR 2019**

BRISTOL STOMP
6-10 July

AMSTERDAM STOMP
13-17 July

**BULGARIA
ARTIST'S RETREAT**
20-24 July

Travis Wesley in Zen Zen Zo's *ALCHEMY*
(Commonwealth Games Festival 2018).
Photography by Simon Woods.

www.zenzenzo.com

Physical Theatre Training Intensives

BRISTOL STOMP: 6–10 July

AMSTERDAM STOMP: 13–17 July

Instructor: Lynne Bradley (Co-Founder & Director of Zen Zen Zo)

“The reputation and intensity of Zen Zen Zo’s training methods are agonisingly superior to anything I have ever done. As an improviser, structure is essential and the ritualised and rigorous processes of Stomping Ground fed my spontaneity and creativity.”

REA DENNIS (University Lecturer & Director, Australia)

“A fantastic experience! A whole bunch of new tools, practical and dynamic, wrapped up in a blanket of holistic yumminess! Stimulating, useful, thought-provoking and challenging – I enjoyed every minute. Lynne is a very generous and inspiring teacher, creating a safe environment to fail magnificently, and to get back up and fly.”

JULIE NOLAN (Artistic Director, Red Leap Theatre, New Zealand)

Zen Zen Zo’s week-long Physical Theatre STOMP program has now been run all around Australia, as well as New Zealand, Canada, Singapore, and Hong Kong. It introduces Zen Zen Zo’s specialty actor-training methods – **Butoh**, the **Suzuki Method**, **Viewpoints** and the devising technique of **Composition**. It is also a journey of transformation – both personally and professionally – as participants take time out to be with themselves, their craft, and other like-minded artists, educators and creative souls.

DAILY SCHEDULE

8:30 am – 9:00 am	Self Warm Up
9:00 am – 10:30 am	Suzuki Method
10:30 am – 12:00 pm	Butoh
12:00 pm – 1:00 pm	Lunch
1:00 pm – 3:00 pm	Viewpoints
3:00 pm – 5:00 pm	Devising & Composition

AMSTERDAM STOMP FEE (in euros)

Early Bird* Fee: €380 Adult / €340 Student

Full Fee: €420 Adult / €380 Student

Australasian Stomper:** €320

Double Stomper*:** €340

BRISTOL STOMP FEE (in pounds)

Early Bird* Fee: £340 Adult / £300 Student

Full Fee: £375 Adult / £340 Student

Australasian Stomper:** £280

Double Stomper*:** £300

* Early Bird – booked & paid prior to 1 June, 2019.

** Australian Stompers should contact lynne@zenzenzo.com to book and pay.

*** Double Stompers, also known as Stompholics, are people who enroll for both the Bristol Stomp & Amsterdam Stomp.





Bulgaria Artist's Retreat 20-24 July

Retreat Leaders: Lynne Bradley & Valerie Jeremijenko

"The training is outstanding and what makes the Bulgarian retreats even more special is that it's surrounded by trees, waterfalls, castles and amazing humans."

MELISSA MANUEL (Aerial Yoga Specialist)

The Bulgaria Artist's Retreat is a new program, co-presented by Zen Zen Zo Physical Theatre and Yama Yoga Studios, held in the idyllic village just outside of the medieval capital Veliko Tarnova. The course is an immersive retreat designed to re-charge and re-inspire artists away from the pressures of daily life. It is also open to non-artists looking to give themselves the gift of a "creative workout", and some time out to reflect, rejuvenate and find balance in the increasingly busy rhythm of our contemporary lives.

During the days, participants will experience a holistic mix of yoga, meditation and creative practice. At night they can choose to explore the town, or alternately join the lectures and discussions led by the retreat leaders on a range of stimulating topics, including: Artist Sustainability, Avoiding Burn-Out, Understanding the Enneagram, and Cultivating Mindfulness. The week is designed as a journey of transformation, as participants deepen their artistry, or re-connect with their creative-selves, in a tranquil and awe-inspiring corner of Eastern Europe.

DAILY SCHEDULE

- 8:00 am – 8:20 am** Morning Journaling & Meditation
- 8:30 am – 10:00 am** Astanga & Vinyasa Yoga
- 10:00 am – 10:30 am** Brunch
- 10:30 am – 12:30 pm** Physical Theatre Training (Butoh & Viewpoints)
- 12:30 pm – 1:30 pm** Lunch
- 1:30 pm – 3:30 pm** Physical Theatre Devising (Composition)
- 3:45 pm – 5:30 pm** Creative Writing Class
- 5:30 pm – 7:30 pm** Dinner
- 7:30 pm – 9:00 pm** Lectures, Group Discussions & Yin Yoga

FEE (includes tuition + daily brunch & lunch)

Early Bird* Fee: \$500 Adult / \$400 Student

Full Fee: \$600 Adult / \$500 Student

* Early Bird – booked & paid prior to 1 June, 2019.

20% discount if booked in conjunction with one of the Physical Theatre Training Intensives.

Fee does not include accommodation, but cheap options are available in the nearby village.



Suzuki Actor Training Method

“What I am striving to do is to restore the wholeness of the human body in the theatrical context, not simply by going back to such forms as Noh and Kabuki; but by employing their unique virtues, to create something transcending current practice in the theatre.” TADASHI SUZUKI



Zen Zen Zo's core company training is designed specifically to equip actors for high energy, physical performance. The primary inspiration for this training has come from the Suzuki Company of Toga (Japan) and the Saratoga International Theatre Institute (New York). This method takes participants through a fascinating minefield of diverse and challenging techniques that work towards fusing body, voice, mind and spirit. It integrates a challenging spectrum of advanced performance training techniques to cultivate the actor's physical energy, vocal quality and range, concentration, ensemble awareness and imagination.

Training is a moving experience to witness: the intense and personal journeys of fellow human beings of all shapes and sizes as they manifest, explore and shape their creative impulses through extraordinary physical and vocal forms. Everyone works from their physical being to their sub-conscious core to find a new relationship with themselves and the performance space they inhabit and energize. Through this method you are led to the edges of your potential, the place where learning and self-discovery is optimal.

Butoh Dance-Theatre

*“When I sleep I dream strange, unspeakable things.
When I wake I cannot do them. So I dance them.”*
MARO AKAJI

Butoh is a contemporary avant-garde dance-theatre form that originated in Japan. It has been described as a holistic dance of transformation, of complete presence, of universal archetypes and rich imagery expressed through the body (instead of through words). It combines dance, theatre, improvisation and ritual, drawing on many artistic traditions for its inspiration (Surrealism, Expressionism, Absurdism, to name a few).



Butoh develops absolute presence, a deep physical awareness, a rich imagination, courage, and the ability to be highly expressive with the entire body. It cultivates both the emotional and imaginative life of the artist. Drawing from Lynne Bradley's extensive and diverse Butoh training background, the training will lead participants through a number of approaches to Butoh and will cater to both the beginner and the more experienced student/artist.



Viewpoints & Composition

“Recognize the basic necessary ingredients (for theatre making):

- 1. you need something to say*
- 2. you need technique; and*
- 3. you need passion.*

“Like a milking stool, if one of the three legs is missing, the stool will topple over and be ineffectual. It is as simple as that!”

ANNE BOGART

Viewpoints and Composition are techniques developed by renowned American director Anne Bogart and her SITI company, and have been utilised by Zen Zen Zo as core methods for the past 20 years. Zen Zen Zo co-founders Lynne Bradley and Simon Woods were the first practitioners to teach and work with the Viewpoints and Composition in Australia, and they are now taught at most major acting institutions and universities around the country.

In both the Physical Theatre Training Intensives and the Bulgaria Artist’s Retreat, the Viewpoints and Composition techniques will be used to reawaken the participant’s instincts through impulse work and play, and explore the basic elements of performance – the body in time and space – so that the artist can use them articulately when performing and creating new work. The training is all ensemble-based, with each member learning to respond impulsively and playfully to their fellow artists, thus building a solid basis for collaboration and group work. The Viewpoints and Composition training also develops the fundamental performance and devising skills that help an actor/ dancer/ director to achieve a dynamic stage presence and bring their artistic vision to life.



Yoga

"Do your practice and all is coming." K. PATTABHI JOIS

The yoga at the Bulgaria Artist's Retreat will include dynamic lead Astanga, creative Vinyasa, and technical workshops. Instructor Valerie Jeremijenko will also share her knowledge of myofascial release, breathing, yoga nidra, and mediation. Valerie's extensive experience as a yoga teacher allows her to adapt her class to the needs and abilities of all of her students. She is both nurturing and charismatic, and infuses her classes with compassion, humor and intelligence. Be prepared for a challenging and transformative experience!

Creative Writing

"A writer, I think, is someone who pays attention to the world." SUSAN SONTAG

Whatever writing project you are working on, or would like to begin, the Bulgaria Artist's Retreat Writing workshops will provide a creative and supported space in which to develop your skills. Valerie's dedication as a teacher is complemented by her recognition of writing as an act of service, love and personal development, in addition to a rigorous and demanding craft. From journaling and free writing, to craft lessons and discussions, to editing and rewriting exercises, our writing classes will help you develop as both a person and a writer. Valerie's special attention to the sound, rhythm and waves in the writing will also enable you find your unique and important voice. One-on-one sessions and manuscript critiques are available and included in the course fee.

Instructors' Biographies

Dr Lynne Bradley



Lynne Bradley is one of the leading Physical Theatre practitioners in Australia. In 1992 she co-founded one of Australia's most innovative contemporary performance companies – Zen Zen Zo Physical Theatre. Zen Zen Zo introduced site-specific, immersive, and intimate theatre to Queensland, as well as engaging in a number of long-term transcultural projects with artists in Asia over a twenty-year period. In 1998 Lynne introduced Viewpoints and Composition to Australia, after training intensively with Anne Bogart and the SITI Company in the USA. Lynne was also

the first artist in Queensland to perform and teach Butoh, which she studied whilst living in Japan for 5 years in the late '80s. As a director of physical theatre, music theatre and contemporary performance, Lynne's productions have been showcased in national and international festivals and won a number of awards. As a theatre lecturer, specialising in devising and contemporary performance, Lynne has taught and directed at USC, UQ, QUT, Griffith University and Melbourne University. Lynne has also taught Zen Zen Zo's unique brand of Physical Theatre (training and performance) to many communities of artists and educators around the world.

Dr Valerie Jeremijenko



Valerie Jeremijenko (MFA, PhD, ERYT500) is the founder, owner and director of Yama Yoga Studios and a dedicated yogi, educator, and writer. Over the 30 years of her yoga practice Valerie has studied with such luminaries as Sri K. Pattabhi Jois, R. Sharath Jois, John Scott, Tim Miller, Lino Miele, and Dharma Mitra, in addition to many other teachers in contemporary yogic forms. As a writer she has completed both an MFA (Arizona State University) and PhD (Deakin University) in Creative Writing – Fiction and attended numerous writing workshops and programs worldwide.

She is the editor of *How We Live our Yoga*, an anthology of literary essays on Yoga (Beacon 2001), a recipient of a Virginia Commission on the Arts fellowship and has had numerous short stories and novel excerpts published. As a yoga teacher trainer she has graduated over 250 200-hour level and 50 300-hour level yoga teachers who are now teaching to high acclaim world-wide.

ZEN ZEN ZO COMPANY HISTORY

ZEN ZEN ZO, founded in 1992 by **Lynne Bradley** and **Simon Woods**, is an Australian physical theatre company at the forefront of contemporary performance and training. Zen Zen Zo's **PERFORMANCE COMPANY** has produced 26 years of potent, visceral theatre for local, national and international audiences.

The company's **TRAINING CENTRE** also offers a suite of internationally renowned actor-training programs which cater to professional performers, teachers, students, young people, and anyone with a sense of adventure!



Edinburgh, 2009.

BOOKINGS

BRISTOL STOMP: 6–10 July

Email: colinminney@yahoo.com

AMSTERDAM STOMP: 13–17 July

Email: info@dramalab.co.nz

BULGARIA ARTIST'S RETREAT:

20–24 July

Email: lynne@zenzenzo.com

PLEASE NOTE: The programs are open to all and no physical theatre or yoga experience is necessary.

Early booking is advised as places are limited
Zen Zen Zo courses are usually sold out.

Once your booking is confirmed, full payment is
required within 7 days.

www.zenzenzo.com

 facebook.com/ZenZenZoPhysicalTheatre

 [@zenzenzotheatre](https://www.instagram.com/zenzenzotheatre)

