

THEATER OF ONE

Dynamic movement and improvisation classes and workshops, offered in an atmosphere of deep listening

We merge practices devoted to inner movement and outer expression – in a synthesis of many forms of movement and theater improvisations, including Continuum, Viewpoints, Kelmanwork and Action Theater.

The Alchemy of Sound and Movement

Creates a context that allows us to discover the intrinsic movement inherent in the fluid system of our bodies. With breath, sound, movement and awareness of our biology, we allow arching, curving, spiraling movements to open us to the body's natural ability to resource itself.

With dynamic or meditative movements, we create a body in heightened resonance with its environment. Moving with awareness of our creative participation in the body unfolding is deeply pleasurable.

Improvisation

Using the four different states of being (as developed by Scott Kelman),

*sound and movement, riff,
sound jam, deliberation*

We build a vocabulary of physical, vocal and verbal expression. We become aware of our internal impulses and resources. With sound, movement and language, we cultivate instinctual intelligence and shape our stories into performance.

With group and solo improvisations, we practice the ability to be in relationship with others and strengthen our capacity to ride the energetic surges of play. Emphasis is on growing ensemble awareness, spontaneity and the art of yielding as we interact.

Benefits

- Builds awareness and embodiment, allowing us to know our body/mind from the inside
- Strengthens emotional and kinesthetic intelligence, concentration and body awareness
- Creates flexibility and resilience
- Increases expressive skills
- Leads to ensemble generated creativity
- Fosters discovery of meaning

Who does this work?

- Artists of all disciplines
- Educators, therapists, community workers
- Young people
- People with all levels of movement ability

Private Sessions

Depending on the presenting situation, we work with breath, sound, movement, touch and stillness – in a witnessing, observing and educating environment. We learn to sense and track sensation, stay present to what moves us. We become attentive to our perceptions as they change. Specific guidance and somatic practices are offered to support and deepen the movement and understanding of the mutually fertilizing interplay between psyche and soma, the body experienced from within.

Why private sessions?

The body becomes the base from which we sense and feel and recognize 'felt sense'. In so doing we access deeper consciousness and make room for insight in a safe setting. We transform stress into awareness; the possibility of integrated action arises. Where trauma has occurred, we allow the nervous system to reorganize and optimize its functioning. When we make space for experiencing symptoms (of stress), new energies are released to nourish a more peaceful existence.

I'm a body in the body of the world



Susanna Knittel,
somatic educator (RSM, RST),
psychologist dipl. psych, writer and
performing artist

Susanna has been teaching bodymind disciplines for the last 25 years. Her unique approach to embodiment grew out of extensive research and practice in art, the body and social change. Before she worked with Emilie Conrad (Continuum), Scott Kelman (Improvisation) and the Roy Hart Theatre (Voice), she was Robert Frank's assistant in filmmaking. Later she collaborated with the International Peacemaker Circle in Palestine/ Israel, Italy and other European countries.

On the faculty of the Ojai foundation in Ojai, California and a member of the advisory board, she has presented her work internationally, including Morocco – in schools, prison, retreat centers, conferences and at festivals.

She is currently working on "The Matrilineage Project", an examination of the feminine soul through sound, movement and text in workshops and performance.



I feel whole again.

~Christine Jaroszewki, dancer

Your highly sensitive, differentiated way of entering a dialogue with my movement and body language, and your ability to give input is very precious to me.

~Eva Hurley, psychotherapist

Your workshops are a wonderful blend of intuition and structure. The work is extremely adaptable for all levels of body consciousness and performance experience. The most recent work I did with you on the Matrilineage Project has produced a subtle transformation in my perception of who I am. As a result, an archetype I have been working to bring into consciousness is finally present. Thank you for facilitating this process.

~Morna Watson, director

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movement presence
improvisation
spontaneity embodiment

Susanna Knittel