

Action Theater™ (the basics)

Action Theater is a unique form of improvisational theatre developed by the American performance artist, Ruth Zaporah. Fundamental to the practice is an embodied presence in performance, where the experiencing of the body informs the content of the moment, moment by moment.

We work towards this embodiment through specifically guided improvisations focusing on formal tools as well as more abstract imagery, on vocalizations and use of words. These playful and rigorous exercises, which isolate and recombine movement, sound and language, broaden our range of improvisational skills helping us to become open and creative in the present moment. Always working from an embodied state, we develop spatial awareness and access to our imagination, crafting creative impulses into clear images, stories and dreamscapes. This technique turns the mind inside out, examines existing habits and opens up new possibilities. Working in solos, duets, trios and also as an ensemble, we bring attention to the details of our physical choices, to the quality and range of our vocalizing. We approach speech and words as physical actions in building narratives.

Building blocks (improvisation and composition)

How do we move from the playground of creativity, the free generating of material to creating meaning in performance? What are the structural possibilities at our disposal? How does the particular artistic matter we create call into form a specific relationship between moments? How do we order these in time?

Using improvisational methods from Action Theater™, Sarah Bild will guide us through rich explorations to awaken our imagination. We will approach composition from an internal experience, to hone our intuition and honour our creative impulses. Through personal exploration in improvisation we will explore the rich and complex relationship between movement material and its spatial and temporal context. At any given moment, what is our relationship with time: how does it feel from the inside and how does it read from the outside? We will work on short studies, share them with the group and learn to speak about what we see.

Biography

Sarah Bild, dance/performance artist and choreographer, has been creating, teaching and performing in Montreal and throughout Canada for the last 25 years. She teaches composition at l'EDCM and is a certified teacher of Action Theater™. Sarah Bild follows an instinctual stream of physical imagery to create deeply textured and organic works of dance. Through the use of viscerally embodied movement, voice and text, she creates visually impressive solo and group works that raise questions about our human presence on this planet. Her recent performance piece, *She Wanted*, played over 60 times to an audience of two in 2019.



Photo: Caroline Hayeur