



Nose to Nose
of North America

discovering
the clown
within

AND
walking  dog theater

Present:

The Courage to Be - An Introduction to Clowning

Weekend workshops with Laura Geilen

At The Spencertown Academy, Route 203 Spencertown, NY

Sept 24/25, October 22/23, November 19/20

Saturdays 9-5 Sundays 10-4

Encumbered by the expectations of others and of ourselves, how do we find the strength to shake off the limitations and fears that isolate us and prevent us from feeling free? How do we responsibly summon the Courage to BE?

Clowning is a state of playfulness that allows us to experience a child-like, naïve and vulnerable state of being ... and paradoxically we learn, grow, and are strengthened through reconnecting playfully with what makes us most vulnerable. This approach to clowning is not a technique (tricks, gags and routines), but a personal journey towards finding one's unique way of being - by listening and being receptive, essential skills for any creative and imaginative endeavor. It is only in letting go of control that we begin to be surprised by the depth of that which is around us and within us.

The word "courage" comes from a root that means "heart." Through clowning and connecting to our naturally playful and creative spirit, we can develop and sustain, in ourselves and in each other, the heart to be who we truly are, to trust life and ourselves. "Taking heart" is a profoundly inward process, and is an invitation for overcoming the fears that block us and keep us from being fully present in the here and now.

This course establishes the foundation for all our work and is an essential first step before going on to more advanced courses. Class size is limited to 12. Please register early. For more information go to www.wtdtheater.org, www.nosetonose.info or contact Laura Geilen: laura@nosetonose.info