

Basic Tools for Consent and Physicality

WORKSHOP PROPOSAL PITCH

Workshop Description

What the workshop
will be about?

Basic Tools for Consent and Physicality

The workshop will introduce the participants to the basic principles of crafting heightened intimacy (sex, charged touch or different levels of nudity) for any live performance depending on the participants' backgrounds.

The focus of the workshop will be in the tools for navigating consent and movement principles specific for weaving intimate, heightened content to a live performance. During this workshop we will work with simple stories of touch specific to different close relationships. We will practice the principles we would use for the more heightened scenes, but stick to the less heightened content.

We will work through material through guided contact improvisation and some devised scene work. The suggested levels of touch for these exercises will include hugs, hand on body and proximity of bodies, but no touch is allowed on swimsuit area (bottocks, groin area and upper chest) at this workshop. There is always room to discuss things beforehand.



Juuso-Matias Maijanen

Student (Master Programme of Performing Arts at The Stockholm University of the Arts, 2023-)

Bachelor of Arts in Performing Arts (Novia University of Applied Sciences, 2011-2015)

Theatre Pedagogue (Novia University of Applied Sciences + Åbo Akademi, 2017-2019)

Intimacy Director* (Level 3 graduate, Intimacy Directors and Coordinators Inc., 2022)

Intimacy Director Mentor Program (Intimacy Directors International 2018-2020)

Workshop rider

What do you need to prepare for the workshop besides the teachers' fee?



5 h+5 h.

The workshop draft is designed to be split between two 5 hour days.



A closed, safe theatre space. There should be little danger of curious passers by at the training facilities, and the space should be reasonably clean. Basic facilities (toilets, places to get food, work temperature) should be available.



Participants and Assistant. The workshop is designed for an even number of participants, but an assistant can step in to even the odds. I can bring an assistant, or you can provide one.



Travel Expenses. I will need tickets for public transportation to the location from and to Turku, Finland, accommodation for the days around the workshops and a standard per diem

The Pillars of Intimacy

We will be looking at the five pillars of intimacy used by IDC, and looking through their lenses through different practical exercises from simple to more complex.

Story and Movement

We will be introducing movement principles and ways to navigate movement that are specifically useful for telling the stories of intimacy and navigating intimate material.

The Noble Method

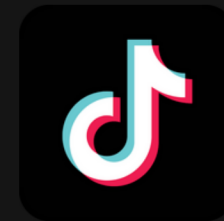
I will present my own variant of The Noble Method - a methodology created by Adam Noble for working with intimacy in an academic context.

Three general topics

During the workshop we will be looking at the intimacy through these specific lenses, taking time to discuss ideas with participants and look at the different ways to create intimate content while navigating consent.

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