

The neutral mask

Physical theatre workshop in Tokyo, by Ahuri theatre

« *Le regard c'est le masque, et la face, c'est le corps !* » - J. Lecoq -



The neutral mask is a pedagogical tool for the actor, developed mainly by Jacques Lecoq and Amleto Sartori (mask maker). Work with the neutral mask is at the foundation of any actor's craft – it is not only an introduction to masks in general, but also to any kind of creative process.

When wearing it, actors move with truthfulness, their gestures and actions are economical. In this workshop, physical exercises and improvisations with the masks are constructed in order to help participants discover a state of neutrality, of calm receptiveness to the world around them. This work provides actors with a reference point. Only by experiencing perfect balance, can an actor express a character's imbalance or conflict. Neutral mask techniques are extremely useful for performers of all disciplines, as well as for writers, teachers and public speakers.

The workshop will be hosted by Mathieu Chouinard (Montréal, Canada) and Haruna Kondo (Tokyo, Japan). We recommend that you bring a bottle of water and comfortable moving clothes (preferably black)

Dates : March 3-7 (inclusively), from 6h30pm-9h30pm

Lieu : Metro Kinshichō, Kameido Cultural Center (2-19-1 Ōshima Kotoku, Tokyo)

Prix : 30 000Y regular, 25 000Y students

Contact (for info and reservations): haruna@ahuritheatre.com



Ahuri theatre is a young international physical theatre company. Its members, from Japan, Canada, France and Sweden, have been giving workshops around the world since 2005. Their last production, *Yabu no naka : distrustted*, was acclaimed by the critiques and audience at the Montréal and Toronto Fringe festivals in 2007. It will be playing at the Setagaya Public Theatre in April 2008.

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