

Biomechanics

An artistic way of thinking with the body

"In the theater, the words are only ornaments in the fabric of the movements".

"Form is the medium that reveals the emotions".

Biomechanics is a physical-theatrical training and performance system developed by Russian actor, director, theater director and theorist Vsevolod E. Meyerhold during the politically, socially, technologically and artistically turbulent times of the early 20th century. In this socio-political environment, a new generation of artists emerged who broke with established norms and rules. Meyerhold searched for the "new actor," for the magic of a non-naturalistic theater, drawing on methodologies of commedia dell'arte and Japanese kabuki, among others. After the suppression of Biomechanics under Stalin and its worldwide resurgence from the late 1980s, Biomechanics is now taught throughout Europe by Belgian actor and Biomechanics expert Tony De Maeyer.

The search for physical extremes: eccentricity and grotesqueness - as well as awareness of form, spatial coordination, body control, rhythm and musicality - are important features of Biomechanical Play Culture. Attention is focused on the perception and poetic expression of the body in motion. Biomechanics lends an extremely wide range of expressive possibilities, from an expressive-artistic style to a reduced naturalism, to slapstick and clown play. "The basic rule of Biomechanics is very simple: at every moment the whole body is involved." (V. Meyerhold)

With Biomechanics, participants will learn a method for telling stories in an unusual and fascinatingly physical way: a new approach to theatrical work that helps create surprising scenic expression.

The workshop is aimed at performers, directors, theater educators, performing arts teachers, project leaders, and anyone looking for new aesthetic impulses for their artistic work.

No previous experience necessary. Please bring comfortable training clothes and sneakers.