

Clown & Mystic Part Two

7 days: 30 July- 5 August in Eidsfoss, Norway

By Patrick van den Boom



A new seven days journey with our clown. And the central theme will be **Clown & Mystic**. It is a new workshop so it will be different than the last one. The main focus for this week will be 'resting in everything that is already there'. That what appears can be a special movement, a dance, a song from the heart.

Trying with our whole being, inviting trust and letting go of all these fantastic creative ideas. Making a connection within and without.

We will work a lot in couples and small groups this year. And for sure we will use the beautiful area by the lake and all the nature around it.

A great place to search for ways to understand what our clown wants. Learning to have more guts to wait and to receive.

Moving from one into another new-born-moment, with all the not-knowing there.

When to follow an impulse and when to just wait and see what is a truly authentic choice .

There will be lots of time to find answers. Or not having the need for them anymore.

We will invite the beautiful not knowing, what is offered to us in the here and now all the time.

Singing in duo's and in the groups, singing outside, *singing in the rain*. (Last year we had great weather!)

With all the knowledge coming from our own bodies and not the mind we will find freedom in expressing our clown. The greatest wisdom of the mystic Clown art is

To get a good concentration for this work we start the days with a meditation /mindfulness.

Location

This all takes place at the amazing location in the idyllic village Eidsfoss in Norway. The place is so great that one could say that just going there is already enough! The inside location where we will work is an old renovated wooden building. We can also work at the outside podium. This all is just 30 m from the lake Eikereren. Locations enough to play outside!

Goals

No goals (hihi).

A week with lots of fun and crazy wisdom!

Going to make contact on a deep level and resting there.

Of course we'll jump into a big resource of the clown: the total nonsense!

Other work forms will be: dance, mime, singing. What does our bodies have to say when we give it a stage...there can be so much humor if it gets a voice!!

Working from our hearts!

About myself

After years of experience with theatre and dance, I studied at the Dutch Clown School.

There my clown was born and I made it into my profession.

I work for the Faria-Clowns since 2002, a company who clown for people with dementia (www.faria-clowns.nl). I clowned for the Dutch Cliniclowns until 2009, and now I have joined Sykehusklovnene in Oslo (www.sykehusklovnene.no).

Food from the Soul

An important part of the week is the amazing soul cook Julie.

She lives in Eidsfoss and runs Galleri Fryd, close to our working place.

She will make us the daily delicious vegetarian lunches and dinners.

If you have a special diet, let us know.

Places to stay

You can camp outside at the workshop site, or go to the camping nearby.

And we can recommend a B & B in walking distance.

Time & place & costs

Every day we begin at 9.30, and continue until around 19.00, with a lunch break in the middle.

The workshop takes place in Markenrudveien 3, 3095 Eidsfoss.

The week of training and soul food (excl. accommodation) is 690 euro's/ 5550 NOK.

Booking

Clowning experience is not needed.

Hope meeting you and your clown!

To secure your place, a non refundable deposit of 2000 NOK should be paid before 7th of July to account number 1503 16 18433 (Patrick van den Boom).

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