

Mask and Puppet technique for dancers

9 december 2021

In Balance or the TMR-Balance method© Directed by Mariana Araoz, and dedicated for 30 years to the art of Mask and Puppet.

Mariana has created the "TMR Balance Method" inspired from pedagogues as Mario Gonzalez, Barbara Wilczek Ekholm, Delphine Eliet and Harald Leander as well as from traditional puppet and mask-theater as the Bunraku, Kabuki, Theatre Noh and Butto.

The Balance Method is based on the concept of balance through the theater space, the stage, the actors, the troupe and the audience. The main characters and the story are supported and brought to life by the "servants of stage" or the manipulators of the "puppets" through mask and puppets codifications. She has created in her method the story telling form called: **THE BIRDS.**

Listening, breathing, animality, precision, awareness and support are the basis of this work.

THE METHOD TMR © USES MASK, PUPPET and OBJECT MANIPULATION AS

PEDAGOGICAL SUPPORT AND CREATIVE TOOL.

AIMS OF THE WORKSHOP

• Breathing and calm

• Attention and listening

• Transmission to the group of individual skills

• Body balance and architecture of the surrounding space

• The pleasure of a playful approach

Mask and puppet technique is used to explore these objectives, bringing to life props and inanimate objects.

Ansök på https://dansalliansen.se/w/159

Ledare	**Mariana Araoz**
Startdatum	2021-12-09
Slutdatum	2021-12-09
Tider	09.00-16.00
Antal dagar	1 dagar
Sista ansökningsdag	2021-12-06
Plats	Danscentrum Syd
Adress	Bergsgatan 29