

raising my voice: breaking the silence

- A Workshop of Exploration using Theatre, Psychodrama and Voice -

Fides Krucker and Yaacov Naor blend their expertise in the areas of singing and drama to build a rich and imaginative space in which performers, artists, therapists and educators can explore, risk and learn through voice & story.

This workshop is about all of us. It deals with the inter-relation between two forces within us: the need to use voice in order to tell the truth and express feelings and the silencing part which wants to repress and control the secrets, the untold stories, the difficult memories. We learn both of these roles within our families and our communities. What is learned becomes engrained in the body, the mind and the heart.

We live in a world of change – full of conflicts, wars and political uprising. Within us are struggles we have not yet named – part of our cultural and familial inheritances. We live with the emotional results. Facing this, many of us are speechless and unconsciously or unwillingly choose the rescue of silence.

Silence can be a powerful form of communication and is often present in the wake of unspeakable trauma. It needs to be respected and understood. It is an accumulating process and creates emotional and bodily blocks. At times silence comes out of being overwhelmed, out of fear, not knowing, or even as a form of denial.

In this workshop we will explore ways to regain our lost and unheard voices, to unmask and break the tradition of the silencing forces. The theatrical exercises will be intuitive, active, and exploratory and the voice work will build on each participant's abilities through revelation and release. There will be time for questions and the sharing of thoughts & responses.

YAACOV NAOR

Yaacov Naor is the founder and director of "The Inner Theatre-Psychodrama Center" (1983) which became "ISIS ISRAEL – Psychodrama and Intermodal Expressive Arts Therapy Centre" (1996) in Tel Aviv. Originally he is a theatre actor and director. Naor is a certified psychodrama therapist and trainer and has taught extensively in Europe, the USA, Canada and Israel for the past 30 years. Since 1986 Naor has led special expressive dialogue groups for second and third generation Holocaust survivors together with young Germans and between Palestinians and Israelis.

FIDES KRUCKER

Fides Krucker has been an innovative interpreter of contemporary vocal music in Canada and abroad for 25 years. Her award winning company, Good Hair Day Productions, created the electroacoustic show *The girl with no door on her mouth*, the immersive cabaret *A little rain never hurt no one...* the r'n'b disability show *CP Salon* (now an NFB film), the boxing piece *Yours to Break* and the opera, *Julie Sits Waiting*. Krucker teaches abroad and has received a Chalmer's Arts Fellowship to write about voice. This fall she will record Berio's *Folk Songs!* with the CBC and Vancouver's *Turning Point Ensemble*.

WORKSHOP INFORMATION

DATES:

Sat Oct 22 10am–6pm
Sun Oct 23 10am–6pm

LOCATION:

Dancemakers Studio, Distillery District
Cannery Building #58, Michael J. Baker Studio

COST:

\$280 per participant
(if registered by September 11th.)
\$150 non-refundable deposit
required upon registration.
After September 11th, the cost will
be \$300. Space Limited.

CONTACT:

For registration and information please
contact Roselie Williamson at:
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