


HOST YOUR OWN CLOWN CLASS



WORKSHOP SUITE

The Clown Institute



HEY THERE, FELLOW
FUN-SEEKER!

Welcome to the exciting world of clowning! I'm delighted to offer a variety of workshops tailored to different aspects of clowning. If you're already drawn to a specific workshop, fantastic! If not, don't worry—we can explore together and find the perfect fit for you.

You'll find detailed descriptions of each workshop listed in this booklet. Additionally, if you have any particular desires or requirements for your workshop experience, please feel free to share them with me. I'm more than happy to customise a workshop to meet the unique needs of your group.

xox Alicia



A B I T O F N O N S E N S E

C L O W N T A S T E R

- 2 . 5 H R S

Activating curiosity of the clown to help us stay present, playful and light.

Dive headfirst into the whimsical world of clowning. Whether you're a complete beginner or someone who's always wanted to explore their inner clown, this workshop is designed to cater to all experience levels.

This short class focuses on key elements of clowning, including:

- Openness and Offer-Making: Encouraging openness to both give and receive offers in a dynamic and engaging manner.
- Complicité and Connection: Exploring "complicité" to foster deep connections and a shared understanding with fellow participants.
- Embracing Discovery: Finding joy in discovery, approaching each situation with freshness, spontaneity, and an open mind.



D I V E D E E P E R

A D A Y O F C L O W N I N G

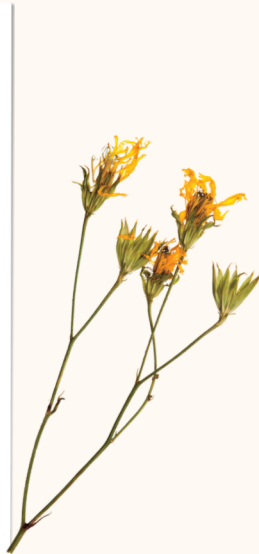
- 5 H R S

This one-day adventure is perfect for groups looking to deepen their understanding of clowning and dive into the world of duo performance.

Whether you're a seasoned performer or a novice, this workshop offers a safe and supportive space to tap into your creativity, build trust with others, and let your true self shine. Come dressed comfortably, and be prepared to laugh, hug, dance, and explore the delightful art of clowning.

In one day we will explore:

- **The Clown's Essence:** Discover the core essence of clowning and learn how to embody it.
- **Playfulness and Imagination:** Activate your imagination and discover the joy of playfulness.
- **Duo Work:** Collaborate with a partner to create moments of hilarity and connection.
- **Physical Comedy:** Gain better control and awareness of your physical presence as you transform into a loveable clown.
- **Embrace the Flop:** Learn resilience and turn challenges into comedic brilliance.





“If you just want to experience something out of your daily comfort zone, you won't be disappointed by trying some clown exercises”.
-Saeed Mallak-



“Best laughter I've had in a while,
I truly love that you can be
yourself, explore the many funny
sides of life, and spend time with
lovely clowns laughing out loud”.
-Mauricio Echeverry-



CLOWNING & PRESENCE

2 DAYS

What is the essence of the clown (of your clown)? Uncover clowning through silence and stillness + find the pleasure of discovery.

Explore the notion of presence and how to cultivate your inner voice as a clown actor ready to receive, feel and share with the world. You will encounter the stage and practice the state of being fully alive and present to the moment in all aspects – emotionally, physically and mentally. Nourishing self-awareness whilst feeding your imagination and creativity.

In two days we will explore:

- A sense of openness, available to make offers & receive them
- Establishing ‘complicité’ - connectedness and a shared understanding
- Finding the pleasure in discovery and treating each situation like it’s new.
- Finding your fixed point, breath, enjoying the silences in between the sounds and actions



The Clown Institute



"CLOWNING SOMETIMES
HELPS US FORGET..."

...THE BITTERNESS IN
LIFE"

- Y O K O O N O -



C L O W N I N G & T H E B O D Y

2 D A Y S

Physical approaches to finding and creating a clownesque body via everyday phenomena like materials, objects and nature.

Engaging your body in a state of play and action, this workshop is designed to stretch your awareness of your physical presence and its playful possibilities. We will crack your body open like a beautiful little rose bud searching for the clown state – from the poetic to the grotesque, bringing the clown's body to a state of readiness: aware of rhythm, space and breath.

In two days we will explore:

- Introduction to the petit mask the red nose - explore the poetic body as a mask and as one giant muscle of creative expression.
- Discover physical dramatic tensions and how we can endow these to the clown.
- Look at the relationship with the public and the pleasure of sharing.
- Explore phenomena like the elements, objects and animals as a basis to creating the clown body
- Mini field trip – observing and listening to natural rhythms of life

CLOWNING & MUSIC

2 DAYS



Exploring live sound and different musical works to create moments of conflict and comedy for the clown actor.

Immerse yourself in play and wonder and explore the comic-poetic potential of music and sound. Together we'll discover how live sound and different musical works can create moments of conflict and comedy for the clown.

Working in duos, trios and as a group ensemble you will play and improvise with voice and instruments, supporting one another to take funnier and greater risks leading to an expansion of ridiculous possibilities.

In two days, we will explore:

- Finding the clown thinking and movement via the 'follie' of music
- Working in duos and trios to create harmony and disharmony
- Creating soundscapes and atmospheric compositions for clown performance
- Working with the body, imagination, space and rhythm to find your musical clown

CLOWNING & THE DUO

2 DAYS

This 2-day workshop focuses on the tools of learning to play with a clown partner.

You will gain skills in identifying and developing a relationship with your clown persona, a partner and the public; a three-way conversation that is mega essential for the stage.

We will work on being present and available to make offers and being ready to receive them, giving 100% of yourself on stage. Applying the 'yes and' premise. You'll also be given opportunities to improvise and build connection in various duo scenarios.

In two days, we will explore:

- The possible clown relationships and status play that exist in our clowning palette
- Finding the game - sensitivity and listening to your clown partner and building moment to moment like a ping pong game
- Major and minor – focus and the fixed point between pairs
- Playfulness of spirit – activating curiosity and imagination and allowing the freedom to get things wrong
- Pleasure of sharing – connecting to your partner and being generous with your audience





Never look for what's funny, look
for what's true and go from there.

HOW DOES HOSTING A CLOWN WORKSHOP WORK?

Curious about hosting your very own Clown Workshop? Let me guide you through the process!

Group Dynamics

First things first, let's talk about your group. Age, performance experience or none etc.

With group sizes ranging from 10 to 20 participants, we can ensure an engaging and interactive session. However, if you have more than 20 eager clowns-to-be, we can always split into smaller groups for a more personalised experience.

Remember, I love working with pairs, so multiples of 2 are always ideal!

Location, Location, Location

Now, where will all the magic happen? My preferred venue is spacious, comfortable, and equipped with a sound system to enhance the fun. Whether it's your own space or a rented venue, make sure it's at least 50m² (but hey, 60m² is even better!). Chairs are handy, but we'll also need clean, comfortable floors for our antics. And yes, I'm more than happy to travel to you, but please note that this will incur additional travel fees.

Investment in Fun

2.5 hrs - \$455/session

1-day training - \$875/day

2-day training - \$755/day

5 days + - \$600/day

Public Liability Insurance

I can provide certificate of currency upon request.

Ready to Roll? Excited to get started? Fantastic! Here's what's next:

Choose your preferred date and time, gather your fellow clown enthusiasts, and secure the perfect venue. Once you've got all the details sorted, just drop me a line at info@thec clowninstitute.com

Scan me



D O O D L E S P A C E

Sketch or write your own clown ideas, dreams and wishes here.



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THE CLOWN'S
FUNCTION IS TO
TOSS CONVENTION UP
IN THE AIR TO MAKE
US LAUGH AT HOW
STRICT AND RIGID
WE'VE BECOME IN
OUR WAYS, SO THAT
THE WAYS OF THE
WORLD CAN EVOLVE.

Ian A. Wallace



C E L E B R A T E
Y O U R N O N S E N S E



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