

## TOO COOL OFFERS

### THEATER WORKSHOP - MASSAGE – MUSIC SINGING - DRUMMING

THEATER WORKSHOPS - The Actor and Director of Theater, VALFREDO GARCI'A, offers an interactive program in which the participant, (Pupil), practices distinct forms of acting, and then evaluates their performance based on a view of who they are themselves.

The Psychodrama (sketch scene exercise) uses an active, direct participation method in order to bring to light the personality formations of the participants, changing your conscientious view of your perceived value of yourself, and your capacities and limitations. This form of practice allows you to express yourself in a non-verbal language through spontaneous dramatic actions. Finally it facilitates the close relationship with the colleagues who act together or attend the scene. Attitudes and experiences of others contribute for the recovery of the mental health (Art as Therapy). The Psychotherapy of group, with roots in Medicine, Sociology and Religion, works in such a way as to deal with the group both as a whole and as individuals through the mediation of the group.

Psychotherapy of group, as practiced in these exercises, follows the objective to sensitize the participant, promoting internal changes. In the inversion of roles the protagonist, in the interpersonal situation, assumes the role of another person and vice versa. In such a way it is possible to see the perceptions of yourself by others as they perform in the interaction. By studying the performances, inside of group, without passing any judgment, it is possible to see the perceptions of others about yourself. The exercise is in a spontaneous form, which allows the individual to give an adequate reply to a new situation, or to provide a new method to respond to an old situation.

We will use the Psychological technique of STANISLAVISKY, the Spontaneous Theater, the Dramatic "role-playing". Society and individual are not opposing ideas, but interdependent. Looking to improve the society, the individual improves first himself, and the society then looks to humanize and to dignify the individual. All the motor manifestations that do not seem to follow a vital purpose immediately can be considered games. Game is an activity or voluntary occupation, exerted inside of determined limits of time and space, following agreed, but absolutely obligatory, rules freely, endowed with an end in itself exactly: the habitual life can conscientiously be taken as not serious and exterior, but at the same time capable to absorb the player in an intense and total way (Huizinga) Evasion of the real life.

In the Play the person successively incarnates the different personalities in one same situation; he becomes accustomed to stimulate himself in the same way that the other stimulates him. In the Game there are rules that determine the reply provoked by the person's attitudes, which are greatly effected by the attitudes of the persons with whom they are playing. In improvised scenes, the person tries to represent the other person as naturally as they can. With the phenomenon connected to spontaneity and creativity, the game guides the principle of the auto-cure and the therapy of group. The general objective is to help the actor to develop all its intellectual, physical, emotional, and spiritual potentialities. Thus giving the ability to make the public laugh, cry, and experience unforgettable emotions. To receive the full effect of these classes it is important that all must open up to one another and come to know each other, and for this we must use physical and mental exercises.

#### EXPERIENCE WITH BOARDING TEATRAL

Duration: 08 h

Investment:

#### THEATER WORKSHOP PREPARATION OF ACTOR I

Duration: 40h

Investment

#### THEATER WORKSHOP CONSTRUCTION OF PERSONAGE II

Duration: 40h

Investment:

#### THEATER WORKSHOP "CREATION OF PERSONA III"

Duration: 40h

Investment:

As result of the three followed Workshops certificates will be issued, where the participant pupil has received at least 85%, and can be entered in their professional resume'.

MASSAGE WORKSHOP – Group workshop with the aid of an instructor.

RELAX / STRETCH - relaxation of the muscles worked together with the self-massage and breathing.

STRETCH - With all the tensions that surround us day-by-day, the anxiety, stress and the lack of time, the practice of stretching unblocks muscular regions and is capable of increasing our confidence.

Stretching is considered a mid-point between tension and relaxation, it is ideal for keeping both mental and physical pains at a distance after physical exercise.

**SELF-MASSAGE** - The self-massage brings the possibility of an integration of you with yourself and helps in the improvement of self-esteem and the balance of your everyday life.

All the participants will exchange massages in the river based on the Hidroshiatsu technique.

**HIDROSHIATSU** - a floating massage where you float comfortably while your muscles are massaged. This massage stretches and strengthens the muscles, and increases their flexibility and motor coordination. The water gives a continuous support to them, ideal to liberate the spinal column. The water takes off the weight of the vertebrae and relaxes the muscles, making possible movements that are impossible to be executed on land.

**DATE:**

**Day:**

**Massage Therapist:** Dias Sobrinho, philosopher and Massage Therapist.

**Investment:** R\$60,00 with lunch and snack at the end of the day.

#### **DRUMMING WORKSHOP**

**ARTS - AGUARELA, CERAMICA, WRITING, SHIRT PAINTING**

**TOO COOL M2** with an inn located in Diogo has a space of 11 thousand square meters, in an area of ecological preservation with beaches, dunes and rivers. The beautiful peaceful setting helps to transport one to a time and place where the body's physical, mental, emotional and spiritual selves can become aligned with one another. In a process of re-education and transformation, we count on sporting activities, Therapeutic Workshops and Workshops of diverse artistic expressions, which function as increase and maintain the potentialities of your health, harmony, and well being. To take part in any of these programs or to reserve the area to conduct your own workshop please contact;

Sophie

Cell Phone Number: 9952

Or visit our website: [www.toocoolnabahia.com](http://www.toocoolnabahia.com)