

THE ART OF JUGGLING

Boulder Circus Center
June 15-18, 2009

Getting Ready for the 'Art of Juggling'

PREPARATION

(Of course) Peter and I encourage students to bring whatever specialties they have to the workshop in terms of their individual juggling skills and repertoires. If there are specific routines you are working on, please bring them along with music, props, and attire so that we can help develop them with you. It's also ok to bring in half-baked ideas. Just try to bring with you what you will need to work on them (within reason).

(Of course) Peter and I recommend that students make the time to workout (stretch, juggle, etc.) several times a week leading up to the workshop. This will help prime you in terms of flexibility, endurance, concentration, creativity, and so forth. Many of these skills build gradually over time and you will get more out of the workshop if you are already building some momentum.

SCHEDULE

The exact schedule will depend a bit on the Circus Center's schedule and the size of our class and Peter's responsibilities with the Boulder Ballet. However, we generally plan to start working at around 9:30 AM with a good physical warmup involving stretching, yoga, and movement. So bring clothing that allows you to move easily and comfortably with a lot of floor contact. This work will lead into various exercises focused on making your body, mind and character work for you in performance. Depending on the needs of the students, we will work on creative exercises, controlling focus, improvisation, and underlying on-stage skills.

There will be a lunch break of approximately 1 hour.

In the afternoons, we will work specifically on performance material and split up into smaller groups or work solo with Michael and Peter making the rounds to give one-on-one advice. We will have "scene studies" in which we will look at material people are working on as if in actual performance. Sometimes this will happen in the evenings following a dinner break. Throughout the day we will be offering tips on training and juggling technique, as applicable.

Please also bring a notebook with you to take notes during class and scene studies.

Looking forward to working with you!

Michael & Peter