



Värmlands museum

The Embodied Voice

Stepping Through the Gate

April 18 - 19 2012

Markus Alexander & Margareta Wärja

Welcome to a Master Class in Expressive Arts

This is the third time this kind of experiential training class is offered. The theme is:

Change - Transition - Transcendence

We will go inward and be mindful. The breath and voice will guide us. The goals are to stay present, listen, tune our instrument, widening the range of expression of the body and open up the voice. We will explore images of [openings and gates](#) as metaphors for entering new paths and unknown worlds and territories. We will stay with the image of a [pillar](#) as a bodily anchor and support for the voice.

The class is for both practitioners and students trained in expressive arts and other participants who are experienced in the arts and / or psychotherapy.



Margareta Wärja and Markus Alexander are experienced Expressive Arts practitioners, artists, teachers and facilitators who have collaborated for about twenty years. Margareta is director of Expressive Arts in Stockholm. She is currently involved in a research project using music and art as psychotherapy for cancer patients in rehabilitation. Markus directs World Arts Organization in Canada, travels and teaches extensively, and is on the faculty of European Graduate School in Switzerland.

In working together in a group there is space for exploration and play, for listening inside, and for personal exchanges. Markus and Margareta are devoted to the unfolding process of the group. They will use improvisations in movement, music, theatre, and art-making to explore the themes of change, transition, and transcendence. In this class there will be space for shorter didactic discussions and reflections on the work as it proceeds.

Time: April 18 - 19, 2012

Wednesday 10.00 - 18.00, Thursday 9.30 - 17.30

Tuition: 2.900 SEK (moms will be added).

Place: Biyunakademins Hälsocenter, Johan Enbergs väg 20, T-Västra skogen, 50 meters from the station.

Registration: Use the form at the website: www.expressivearts.se

Please, register as soon as possible. DEADLINE is on March 15.

In case of space you can register for one day. Let us know if you are interested.

Questions: info@expressivearts.se

Warm welcome!

