

# THE CREATIVE MOMENT



## *A* WORKSHOP TO BE ABLE TO EXPLORE YOUR OWN PERSONALITY & SPIRITUALITY THROUGH THEATRE.

To develop confidence in your own potential and self is one of the bases to accomplish an authentic expression. The way that takes us there leads us through a discovering of our own body which as a container contains all our memories and perceptions. With exercises of improvisation we are going to develop a consciousness for these constantly changing inner realities and in this way learn to follow the voice of our body and find its own free expression. To listen inside ourselves calms the mind and brings us to the present moment, there where all of our creativity is. In this way, to be creative means to be in the present moment. The work with the body, our consciousness and our fantasy will give us an idea of the vastness of the human imaginative power.

When we transform our sensations and memories in an action, we create a distance between them and ourselves, this gives us the possibility to see them as universal experiences. Basically this workshop should serve to remind us of our own creative potential and with confidence in ourselves find our true nature.

**Markus Sieber** (Germany) was born in 1974. He studied acting in the "School for the representative arts" in Berlin and did later his "Interstudio" in St. Petersburg with Andrej Mogutchi, with whom he finished his Thesis in the year 2000. He worked in several theatres, television and cinema productions in Germany.

In the year 2001 he met Angelika Baumbach (Mexico) and they founded together the musical project "Mirabai Ceiba". They travel around Europe and America giving concerts and workshops.

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