

# **Michael Chekhov Europe Training**

Chekhov International School at SfSH Hamburg

International acting workshop

## **The Breathing Space**

**Atmosphere – Creative Individuality – Play**

**15 - 19 May 2019**

**Hamburg, Germany**

with

**Lenard Petit**, Michael Chekhov Acting Studio New York, USA

**Olivia Rüdinger**, Schule für Schauspiel Hamburg, Germany

**Ulrich Meyer-Horsch**, Michael Chekhov Europe e.V. and Altonaer Theater Hamburg

The space on stage is full of life, full of energy and breath. All an actor has to do is connecting to this living space. Performing then becomes quite simple.

In this workshop we explore the space of a given play. What happens when we dive into the writer's world and allow ourselves to be surprised by its specific dynamics, energy, language and space? Michael Chekhov's concepts of "Atmosphere" ("the soul of every piece of art") and "The Feeling of Ease, Form, Beauty and the Whole" will guide us through this exploration. The workshop will combine the Chekhov Technique with Wilhelm Reich's approach to organic breathing.

*Movement in Space – Objective Atmosphere – Spatial Relationship – Focus – Tempo-Rhythm – Personal Atmosphere – Feeling of Ease, Feeling of Form, Feeling of Beauty and Feeling of the Whole – Playfulness*

Please prepare a short monologue from a selected play. The play will be announced approx. 4 weeks before the workshop starts.

Module 2 of the Michael Chekhov Europe Training Programme

[www.michaelchekhov.eu](http://www.michaelchekhov.eu)

[www.michaelchekhoveurope.eu](http://www.michaelchekhoveurope.eu)

[www.sfsh.de/fortbildung/chekhov](http://www.sfsh.de/fortbildung/chekhov)

## THE BREATHING SPACE

Michael Chekhov International Workshop

15 - 19 May 2019 in Hamburg, Germany

### GENERAL INFORMATION

Date: **Wednesday 15<sup>th</sup> – Sunday 19<sup>th</sup> of May, 2019**

Working hours: 10am - 5pm (incl. 75min. lunch break)

Working space: **Schule für Schauspiel Hamburg**  
Oelkersallee 29a and 33, Hamburg  
[www.sfsh.de](http://www.sfsh.de)  
Public transport:  
S-Bahn: Holstenstrasse (10 min. walk)

Working language: English / Participants may act in their own language

Costs:

€ 420,-- (application before March 31<sup>st</sup> 2019)

€ 450,-- (application after March 31<sup>st</sup> 2019)

Participants from non-EU countries may apply for a discount (only limited number).

Housing and food are not included.

We are happy to help you finding inexpensive accommodation (see below).

### CONTACT

#### Michael Chekhov Europe Training

Michael Chekhov Studio Hamburg

Ulrich Meyer-Horsch, Arnoldstrasse 77, 22763 Hamburg, Germany

[umeyerhorsch@gmx.de](mailto:umeyerhorsch@gmx.de)

+49 177 3165375

[www.michaelchekhov.eu](http://www.michaelchekhov.eu) // [www.michaelchekhoveurope.eu](http://www.michaelchekhoveurope.eu)

Facebook: *Michael Chekhov Europe Training* and *Michael Chekhov Europe Friends*

#### Schule für Schauspiel Hamburg

Oelkersallee 29a and 33, 22769 Hamburg, Germany

[info@sfsh.de](mailto:info@sfsh.de)

+49 40 4302050

[www.sfsh.de](http://www.sfsh.de)

## FACULTY

### **Lenard Petit**

*Director of the Michael Chekhov Acting Studio, New York City; founding member of Michael Chekhov Association MICHA; author of the "Michael Chekhov Handbook for the Actor"*

Lenard Petit has been working in the theatre for forty years collaborating with other artists to create original works for the stage, cinema, and television. He has directed plays and performance pieces on and Off Broadway, and in Great Britain. As an actor, he has performed in works by Julie Taymor, Meredith Monk, Richard Foreman, Ping Chong, and many others.

One of a handful of teacher students trained by the original members of Michael Chekhov's Theatre School, in 2016, Mr. Petit was invited to create a Michael Chekhov Workshop and Festival in connection with The Shanghai Theatre Academy, Theatre Arts Festival Shanghai, China. He has been invited to teach master classes in Amsterdam, Rome, Lisbon, Madrid, Berlin, Munich, Helsinki, Oslo, Reykjavik, Brussels, Zurich, Dublin, London, Riga, Vilnius, and Irkutsk, Siberia. Mr Petit has been a member of the faculty of the National Academy of Arts in Oslo (KHIO), Norway. For twenty-five years he taught the Chekhov Technique in the MFA and BFA Acting programs at Mason Gross School of the Arts at Rutgers University.

### **Olivia Rüdinger**

*Acting coach, Artistic director of Schule für Schauspiel Hamburg*

Olivia Ruedinger, US-Citizen, has been a highly recognized acting coach in Germany for more than thirty years.

She received her bachelors degree in speech and dramatics from the University of Minnesota. Later, she studied modern dance and dance pedagogy at the Lola Rogge School in Hamburg and became a member of the faculty, teaching modern dance and improvisation. For the next 8 years she studied Reichian breathing technique and body work.

During this time she directed and performed in the dance theatre company „Winter auf Mallorca“.

1987 she founded together with her partner Michaela Uhlig the drama school „Schule für Schauspiel Hamburg“ (SfSH). There she is the artistic director and teaches breathing, improvisation and organic movement.

### **Ulrich Meyer-Horsch**

*Actor and theatre director. Michael Chekhov Europe e.V.*

Ulrich Meyer-Horsch has been acting and directing in German state and regional theatres for more than twenty years: Theater Kiel, Theater Lübeck, Deutsches Schauspielhaus Hamburg, Schauspiel Frankfurt, Kampnagel Hamburg, Altonaer Theater, Komödie Düsseldorf, Maxim Gorki Theater Berlin, among others. He has worked with Simon McBurney and Complicite, Augusto Boal and Yoshi Oida.

Ulrich Meyer-Horsch holds a degree in Acting from Schule für Schauspiel Hamburg (SfSH) and diplomas in Theology, Philosophy and Theatre Pedagogy from the universities of Heidelberg, Hamburg, and London (King's College). He studied with Michael Chekhov's former students Hurt Hatfield, Deidre Hurst du Prey, Mala Powers and Joanna Merlin as well as with master teachers from Germany and Russia. In his approach to the Chekhov Technique he incorporates the exploration of children's games and work with masks. Since 1994 he has been teaching throughout Europe, Russia, the Middle East, Brazil, the US, Japan, Singapore and Taiwan. He is a lecturer at Yeditepe University, Istanbul, Turkey, and a member of the international faculty of MICHA, New York. For the last 12 years he has also been teaching improvisation, imagination and scene study at SfSH. A founding member of Michael Chekhov Europe e.V., he has co-created MCE's educational curriculum which is taught in 15 countries in Europe and Asia.

## HOW TO GET TO HAMBURG

### By train:

There are good train connections from most European cities.

### By plane: Hamburg Airport (Fuhlsbüttel):

[www.hamburg-airport.de](http://www.hamburg-airport.de)

From the airport you take the S-Bahn to get to Hauptbahnhof (main station), Holstenstrasse or Bahnhof Altona.

Other Airports: Bremen: [www.airport-bremen.de](http://www.airport-bremen.de); and Hannover: [www.hannover-airport.de](http://www.hannover-airport.de).

### How to get to Schule für Schauspiel (SfSH):

From the airport or from Hauptbahnhof (main station) you take the S-Bahn to Holstenstrasse (S11, S21, S31). From there it is a 10 min. walk to Oelkersallee 29a and 33.

Check city map on: [www.sfsh.de/schule/anfahrt](http://www.sfsh.de/schule/anfahrt)

## THE CITY

[www.hamburg-tourism.de](http://www.hamburg-tourism.de)

[www.hamburg.de](http://www.hamburg.de)

[www.hafen-hamburg.de](http://www.hafen-hamburg.de)

## ACCOMODATION

Hostel:

[www.schanzenstern.de](http://www.schanzenstern.de)

[www.instantsleep.de](http://www.instantsleep.de)

[www.meininger-hotels.com/en/hotels/hamburg](http://www.meininger-hotels.com/en/hotels/hamburg)

[www.hostels.com/hamburg](http://www.hostels.com/hamburg)

Hotel:

[www.hamburg-tourism.de](http://www.hamburg-tourism.de)

[www.hamburg.de](http://www.hamburg.de)

[www.Hotelreservierung.de/Hamburg](http://www.Hotelreservierung.de/Hamburg)

Also have a look at:

[www.airbnb.de](http://www.airbnb.de)

[www.booking.com](http://www.booking.com)

Please be aware that the school cannot organize your accommodation. However, we are happy to send you a list of affordable places close to the school. Please feel free to ask if you need further help.

There are many cafes, restaurants and shops in the area. You can pay in Euro, credit card and V-pay (maestro/girocard). Smaller places will accept only cash.

## LUNCH at the school

The school has a nice little Café: Cantina 33. Apart from snacks and drinks, you can buy delicious and inexpensive lunch in the cafe. We recommend everybody to stay there in the lunch breaks.

## HOW TO APPLY

Please fill in the application form (see last page) and send it to:

Michael Chekhov Europe Training  
Ulrich Meyer-Horsch  
Arnoldstrasse 77  
22763 Hamburg, Germany  
or email it as PDF to: [umeyerhorsch@gmx.de](mailto:umeyerhorsch@gmx.de)

Please make your payment to:

**Michael Chekhov Europe e.V.**

(Address: Eisenbahnstrasse 21, D-10997 Berlin)

Bank: **Landesbank Berlin - Berliner Sparkasse**

**IBAN: DE70100500000190265264**

**BIC: BELADEBEXX**

mentioning '**Workshop Hamburg May 2019**'

Applications will be registered once the application form has been returned and the workshop fee is paid. Your place will be confirmed by email as soon as possible thereafter. Your application is definite and irrevocable. The fee is non-refundable, unless someone else fills your place (for example from the waiting list). In that case there will be an administrative charge of € 50,--.

Ca.10 days before the workshop you will be sent further details concerning practical matters. You will be given a receipt of your payment upon arrival.

The organizers are not liable for any claims regarding loss or theft of valuables, or in cases of accidents, injuries, harm or illness during the workshop or on the way to or from the working space.

*All details are subject to change.*

**APPLICATION FORM**  
**THE BREATHING SPACE**  
**Michael Chekhov International Workshop, May 2019**

Name: ..... Age: .....

Address: .....

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City: ..... Postal code: .....

Country: .....

Phone: ..... Mobile: .....

E-mail: .....

Education / artistic experience:

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Experience in the Michael Chekhov Technique:

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I wish to register for the

**THE BREATHING SPACE - Michael Chekhov International Workshop**  
**15–19 May 2019 at SfSH Hamburg, Germany**

I shall pay **€ 450,--** (application after March 31<sup>st</sup>) / **€ 420,--** (application before March 31<sup>st</sup>)  
to the following account (with my name on it):

Michael Chekhov Europe e.V., Eisenbahnstrasse 21, D-10997 Berlin

Bank: Landesbank Berlin - Berliner Sparkasse

Account number: IBAN: DE70100500000190265264 / BIC: BELADEVXXX

Mentioning 'Workshop Hamburg May 2019'

I know that the organizers are not liable for any claims regarding loss or theft of valuables, or in cases of accidents, injuries, harm or illness during the workshop or on the way to or from the working space. I accept that I have to take care of my own insurances, because the organizers will not insure participants.

I wish to receive accommodation assistance.  I do not need accommodation assistance.  
(please tick!)

Date: ..... Signature: .....

*Please send this form to: Ulrich Meyer-Horsch, Arnoldstrasse 77, 22763 Hamburg, Germany,  
or mail it signed to [umeyerhorsch@gmx.de](mailto:umeyerhorsch@gmx.de)*