

Bio-energy technique

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Bio energy is a theatrical technique which allows you to get in touch with yourself (inner time and space) as well as with a group (communication and contact with others) Starting with specific exercises, the body warms up and daily thoughts gradually leave the mind. The student slowly leads to a deeper level of concordance and at this stage he begins to act in relation to the others. At this point he begins to play with the character that he has to impersonate and create with his body - through great repetitive movements and actions- a non-daily form. The change of levels and rhythms, the intense active pauses, the resistance of the movement, are some of the instructions used in this kind of training. The actor's goal is first to discover his character's body and then to create an interaction with the other characters. An active body, with the peculiarities that each character can bring, makes for the actor the creation of the role more understandable, more personal and finally more true.

This technique can be used by educators both as a way of getting to know the art of acting , as well as a way to liberate and accept the uniqueness that we all have as human beings. They are many exercises, depending on the age and occupation of the group that can be used. It always depends on what kind of group we are addressing, if they are professionals, amateurs, children or teenagers.