



EMBODIED AWARENESS  
with Jil Clesse

VIENNA 26 & 27 OCTOBER





**EMBODIED AWARENESS:  
Unleashing Authenticity through  
Mindfulness & Movement**

In a world where hustling and numbing ourselves has become a common and almost automatic response to the heaviness of current events, it is essential to reconnect with our empathy and inner awareness. This workshop offers a unique opportunity to explore the power of vulnerability and empathy through mindfulness practices & conscious movement and rewire our brains to form new healthy habits.

As actors we need an even more heightened state of awareness for our bodies and impulses, as we are the ones telling the stories through which we invite our audience to connect to their feelings and inner life. Knowing the Self is the performer's key to working with pleasure rather than pressuring the body into simply functioning for us.

## Workshop Highlights:

### DAY 1: DISCOVER THE SILENCE AND THE SOURCE OF YOUR IMPULSES

- BREATHING AND MINDFULNESS EXERCISES
- PERCEIVING PHYSICAL SENSATIONS
- FREEDOM THROUGH REPETITION
- EMBRACING IMPULSES THROUGH CONSCIOUS MOVEMENT

### DAY 2: CLOSER TO YOUR ESSENCE

- CONNECTING INNER STILLNESS WITH OUTER EXPRESSION
- AUTHENTIC MOVEMENT AND PLAYFULNESS
- EMBODIED VOICE–EMBODIED EXPRESSION





## Jil Clesse



Born in Luxembourg and now based in Vienna, Jil is an international actor, singer, and voice coach who graduated with honors in 2014 from MUK Vienna with a Bachelor's degree in Musical Theatre.

Throughout her career, Jil had the privilege of performing in various renowned theatre productions, such as *LES MISERABLES*, *SHOWBOAT*, *CAROUSEL* and *MASS*. She performed in prestigious venues like Festspielhaus Salzburg, Semperoper Dresden, Admiralspalast Berlin, Raimundtheater Vienna. Jil's creativity extends beyond the stage, as evidenced by her debut album "halbe.unendlichkeit," released in 2020.

In 2022, Jil embarked on a new creative journey by developing her first original production, *ICH:DU:WIR*, exploring themes of identity and belonging. This merged her passions for theatre as well as self-inquiry and personal growth as she is currently pursuing a Psychotherapy training program at the University of Vienna. She also completed her Yoga Teacher Training in 2017. Her passion for holistic well-being and the arts shines through her multifaceted pursuits. In 2022, Jil wrote and premiered her solo play, *ROSA SUCHT DAS GLÜCK* in Vienna. In the same year, she started working closely with Yorgos and the Lab. With a diverse career that spans across Germany, Luxembourg, Switzerland, Italy, and Austria, Jil is excited to continue pushing boundaries and creating meaningful art that resonates with audiences worldwide.

## Physical Lab

The work is dedicated to exploring presence through embodiment practices, aiming to liberate actors from traditional acting habits. By utilizing grounding techniques, actors are guided to release societal and cultural conditioning, thereby unlocking a state of performance where the body, mind, emotion, and instinct harmoniously intertwine in each moment.

Through these deconditioning practices, actors acquire the ability to activate their senses and achieve a state of exhilarating presence. The ultimate objective is to establish a harmonious synergy among the body, mind, emotions, and instincts, enabling actors to deliver captivating and authentic performances that deeply resonate with the present moment.

Developed in 2011, Physical Lab was created by actor, director, producer and acting coach Yorgos Karamalegos. Since the Lab's inception, Yorgos has taught at LAMDA, RADA, the Drama Centre of Saint Martins, and Williams College in Williamstown, MA (USA).





### Information

VENUE:  
TANZSTUDIO MARGIT MANHARDT  
NEUBAUGASSE 38  
1070 WIEN

DATE & TIME:  
SATURDAY, 26 OCTOBER 2024  
SUNDAY, 27 OCTOBER 2024  
10:00 - 18:00

PRICE:  
€250 STANDARD PRICE  
€230 LABBER PRICE  
10% ON ANY APPLICATION MADE BEFORE 28TH SEPT





## CONTACT

VISIT OUR WEBSITE - [CLICK HERE](#)



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