

Lucid Body Berlin Intensive

Dates: November 6 - 10, 2024

Times: November 6, 4pm - 7pm,

November 7, 8, 9, 10: 10am - 4pm (including lunch break)

Registration Fee: 550,00€

Early Registration (till October 6): 475,00€

Sponsorship by GVL (30%) is possible

Location: Eden, Breite Strasse 43, 13187 Berlin

Language: English (&German)

For further Informations contact: lucidbodyberlin@gmx.de



Lucid Body Berlin Intensive

This 5-day workshop combines the basics of the Lucid Body Technique with an exploration of how to apply this physical approach to the character.

The Lucid Body will offer you practical tools for auditions, rehearsals, performance, and life.

While the workshop is designed for actors, artists of all disciplines are welcome to attend.

Based on a nonjudgemental approach, we will dive deep into broadening our physical range of expression and following the impulses of the body. The body becomes a great window into understanding the psychological and emotional patterns of our lives.

For actors, this process is liberating- to learn how to shift one's energy to suit the life and circumstances of the characters they are playing.

The paradigms of persona, childneed, shadow and archetype will be explored in our understanding of the psychophysical complexities of self and as a process for character development based on the work of the psychologist Carl Jung. We will work with the active space between two people and within an ensemble, develop deep full-bodied listening and response in acting and go on with an exploration of how to apply this physical approach to the character.

You may choose to bring a role, a character, a monologue or a scene to work with.

Sophie Lischburg was born and raised in Berlin in 1984. She runs the Lucid Body Berlin acting studio and is currently the only Lucid Body teacher in Germany. After ten years of intensive collaboration with Lucid Body founder Fay Simpson, she completed the three-year Lucid Body teacher training at Lucid Body House New York (2022), for which she continues to teach live and online.



Previously, Sophie studied acting and theatre performance at ACTT in Sydney (2004-2005) and acting at the State University of Music and Performing Arts Stuttgart (2005-2009). Since then she has worked as an actress in film and theatre. She has played leading roles in over 50 productions such as Kleist's "Kathchen von Heilbronn" and Lessing's "Minna von Barnhelm" on stages such as the Staatstheater Stuttgart and the Staatstheater Darmstadt. For her role of Helena in "Die Troerinnen", she was nominated for Outstanding Acting Performance by the critics of Deutsche Bühne in 2018. As a lecturer, she has led courses at the German National Academies and taught at various drama schools in Berlin and at the Lucid Body House in New York.

