

HELEN PICKETT

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FORSYTHE-BASED IMPROVISATION INTENSIVE

October 10-14, 2005

2-5pm

\$225

RSVP with \$75 deposit by October 1

Panetta Movement Center
214 West 29th Street, 10th Fl.



THE EXPANSIVE ARTIST

This seminar, grounded in confronting and opening boundaries of creativity, draws from the infinite possibilities of the body. Using William Forsythe's Improvisation Modalities as the framework, this workshop relies on mixed-disciplines in which participants bring their chosen focus into the room and meld it with physical alphabets and movement modalities to produce an integration of brain and body. This particular improvisational technique enables each person to access yet unknown creativity by visualizing and interpreting their body in space – a different version of space! It boosts other art forms into enhanced realms of thought and physicality that affects opinion and frees the imagination to flow. This work allows students to discover and access the inspiration that the body has to offer. The whole room works synergistically because the participants create and speak the same physical language. Action slides easily into the space. It is a class that the students manifest themselves. This new language is easy to learn and later refer to because it is rooted in technique. It is a gratifying challenge that will help any person glide into the flow of energy that coordinates mind and body. This method will not only enhance your vision of space – ponder more dimensions! – but also will open your art to another level entirely.



ABOUT HELEN

Helen Pickett studied at the San Francisco Ballet School for six years. While in school, she danced with San Francisco Ballet Company under the direction of Michael Smuin and Lew Christensen, and later, Helgi Tomasson. For over a decade, she performed, as a dancer and actor, with Ballet Frankfurt, dir., William Forsythe, becoming a principal in 1991. Helen currently performs staged works with The Wooster Group, dir. Elizabeth Le Compte, and Deep Ellum Ensemble, dir. Matthew Earnest. During the past five years, she has collaborated, as an actress and choreographer, with installation video artists and filmmakers. She played the Queen in *89 Seconds at Alcazar*, dir., Eve Sussman, which was shown at the 2004 Whitney Biennial, and now is in the permanent collection at Museum of Modern Art in New York. In June 2005 she completed work in Greece on Eve Sussman's new film, *Raptus*. She also played Sally Rand in Toni Dove's video installation and feature film, *Spectropia*. Helen choreographs and teaches in Europe and the United States. She has taught Movement Generation, The Expansive Artist and ballet for The Alvin Ailey American Dance Theater, NY; Carte Blanche Company, Norway; Fordham University, NY; New York University, ETW, NY; Manhattan Marymount College, NY; California Institute of the Arts, CA; Pasadena School of Design, The Actor's Studio Drama School, NY; The Ailey School, NY; The Mark Morris School, NY; The Wooster Group, NY (movement coach for Poor Theater), and The Cyber Arts Festival at MIT. In December 2005, she will perform in *Impressing the Czar*, William Forsythe, with the Royal Ballet of Flanders. Helen's most recent commission, choreography for The Boston Ballet, premieres March 2006.