



# Introduction to the Expressive Body

AN EXPLORATION OF THE PHYSICAL POWER OF  
OUR BODIES TO COMMUNICATE

# Our communication is 93% non verbal

**Professor Mehrabian researched statistical results and came up with the now famous rule : communication is only 7 percent verbal and 93 percent non-verbal.**

**The non-verbal component was made up of body language (55 percent) and tone of voice (38 percent).**

**Body awareness can be as simple as meditation and yoga, moving in a non-judgemental, exploratory way. Everyone's body is different, so find out what is special in your movement and posture patterns.**



# The workshop

This introductory workshop explores physical acting techniques that empower your communication and interpersonal skills, in a creative but structured way.

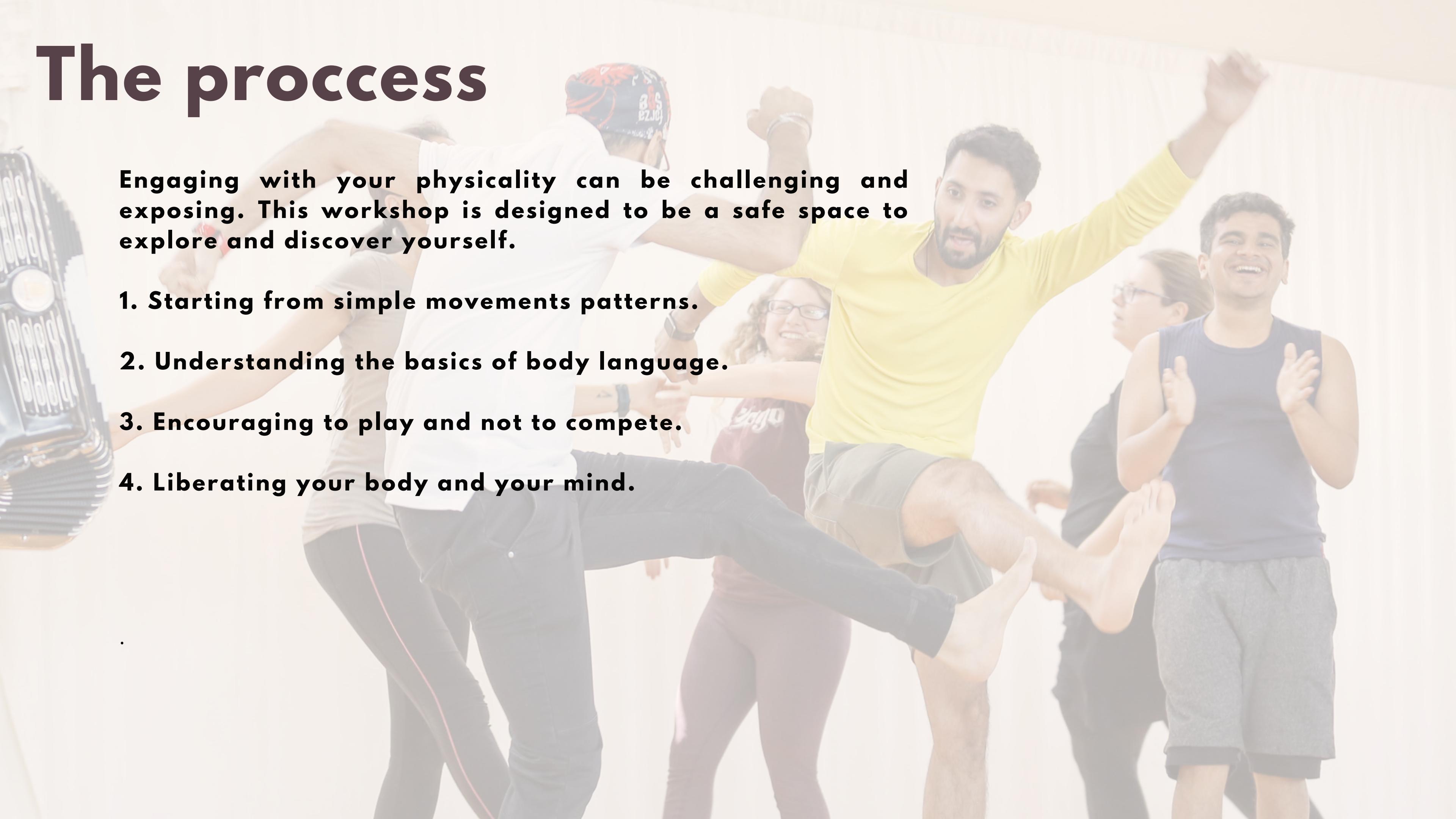
**Participants will explore:**

- **Physical PRESENCE.**
- **SPACE and body awareness.**
- **ENERGY and TENSION in front of an audience.**
- **QUALITY of the movement.**

**NOTE:** This is an introductory workshop. For a deeper exploration of the different areas, check the extended modules.



# The process



Engaging with your physicality can be challenging and exposing. This workshop is designed to be a safe space to explore and discover yourself.

- 1. Starting from simple movements patterns.**
- 2. Understanding the basics of body language.**
- 3. Encouraging to play and not to compete.**
- 4. Liberating your body and your mind.**

# What you will achieve

- A better Physical and Space awerenes.
- Confidence in your performance.
- Connection with your audience.
- A better understanding of body language.
- A connection with your body and your intuition.

## WHO SHOULD ATTEND THIS WORKSHOP?

- If you are interested in enhancing your confidence in front of an audience.
- If your work involves HHRR, Customer Relationships, Sales, Team Management, Team Building, Speech, Creativity...
- If you want to connect with your body and intuition.

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# About Daniel

**Daniel is an Auckland based award winning actor and director, born in Madrid, in 1976.**

**He learnt drama in Madrid ( Escuela Cuarta Pared) and continued in Granada (Escuela Remiendo), where he explored Improvisation, drama, comedia D'Il arte, clown and cabaret.**

**He arrived in New Zealand in 2012, where he has been involved in professional theatre work ( Women with Swords, Ay Carmela, The Wall), film (The Tendez Trap, The Lumminaries, Power Rangers) and life events. In 2021, he won the Spirit of Fringe Award as performer in La Guitarra (TAPAC, Auckland).**

**He is also an Industrial Engineer and Designer. This unique combination of analytical and creative skills have given him tools to understand the science behind the magic of performing arts.**

**As a theatre artist, he feels moved by the power of theatre as a tool for social change, what has led him to explore different theatre environments, from Playback Theatre to Devised Theatre.**



# Testimonials

**"An amazing practitioner with talent, knowledge and experience around physical theatre. Definitely recommend a workshop by him."**

**PAWAN RAO**

**"Daniel Fernandez is an extraordinary teacher and actor. As both an actor and a person I found being in Daniel's workshops hugely beneficial as they helped me to be more present and alive in my own body. To 'let go' and be imaginative in the moment with my body as the vehicle was an illuminating and invaluable experience. I came away from each of the sessions feeling quite astounded, in that short space of time together, amazing discoveries were made and a creative power within me unleashed. I am truly thankful and cannot recommend Daniel and his work highly enough."**

**RICHARD LAMBERT**

**"Walked away feeling so flowy and connected to myself as well as confident in creating and immersing in any character after a few sessions of Daniel's Physical workshop"**

**DASHA KUPIENKO**

**"He knows how to create an inclusive and fun environment for participants of all levels and backgrounds. Highly recommended!"**

**ANDREA GERSTENMAIER**

# Cost

**DURATION: 3-4 hours (The content might vary depending of the available time)**

## **COST:**

- 145 NZD per person.**
- 1290 NZD for groups of 10 participants.**
- 1495 NZD for groups of 15 participants.**

**The sessions will be documented with video and photos and are available under demand for the customer. (100 NZD)**

**PLEASE note the price is open to negotiation for NGOs and Community Organizations.**

# T&C

- Booking fee: 50% the price of the workshop in advance. Not refundable.**
- Cancelation policy: The workshop can be cancelled up to 24 hours before the beginning of the workshop.**
- The fee doesn't include the space hiring. The workshop can be taught in any multi-purpose space or a theatre.**
- Online option is also available through Zoom.**
- Any special requirements for the workshop must be discussed before the commencement of the session.**

# Extended program

A full program is also available, specially designed for a more solid understanding of the concepts around physical acting.

**MODULE 1:** Stage presence, connection with the audience, space awareness. The silence as a tool. (2-3 hours)

**MODULE 2:** The qualities of the movement. Energy levels. The 7 levels of tension.(2-3 hours)

**MODULE 3:** Exploration of the 4 element: EARTH-WATER-AIR-FIRE.(2-3 hours)

**MODULE 4:** The psychological gesture. The intuitive acting.(2-3 hours)

**MODULE 5 (extra):** Building the scene. Atmospheres.(2-3 hours)



# Contact

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