



# The Clown inside you

AN EXPLORATION TO FIND THE CLOWN THAT WE  
ALL HAVE INSIDE

# Reconnecting with your inner child

**A clown is just an adult that has kept the capacity of playing as a child. It is the simple experience of enjoyment or sadness which children have and then which we as adults learn to intellectualize or complicate or simply hide from others and sometimes from ourselves. So the best way to start out as a beginner clown is by going back to what it is like to experience the world as a small child does – with wonder and simple emotions, and without self-doubt or second-guessing.**



# The workshop

**This introductory workshop explores techniques to explore the world of the clown and discover your personal clown**

**Participants will explore:**

- Reconnecting with your inner child.**
- Learning to fail.**
- Staying in the conflict.**

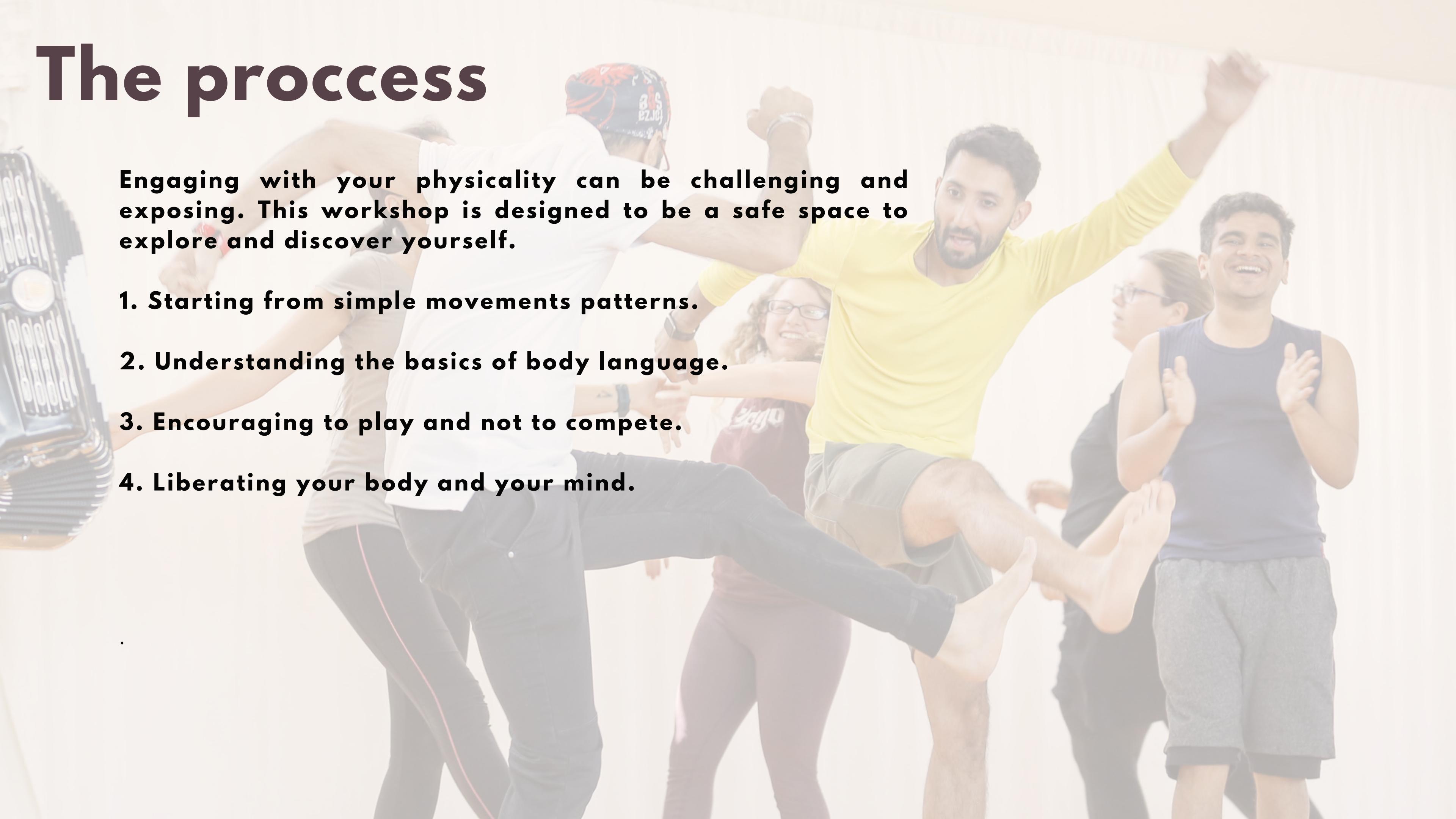
**Duration: 3-4 hours (The content might vary depending of the time available)**

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

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# 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.

Duration: 3-4 hours (the content can be adapted to different time availabilities)



# 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.**

# 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.**
- 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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