

Clown & Ritual



When: September 4th-7th 2020 (Friday- Monday)

Investment: Sliding Scale £250-£400

***LIMITED SPACES-** 10-12 participants (please note: It is best to apply ASAP as these workshops and residencies have a history of filling up.)

WHERE: Coniston Water/ Oxenholme Train station

ACCOMODATION TYPE: Camping in a socially distanced way.

APPLICATION FORM: <https://form.jotform.com/202083127235345>

Dear Wild Humans of Expression

It is a great pleasure to invite you to this artistic development retreat in Coniston Water, the Lake District this coming September led by International facilitator and founder of Clownlife intensives Zuma Puma. (Clownlife.org)

After much deliberation over whether this years Clown and Ritual Residency would happen, it seems the skies have cleared for a while to welcome us on the land in a socially distanced and responsible way. We will be diving deep into the profound worlds of clown, ritual rites, movement, performance practice with a focus on community, connection, ceremony and artistic development. Calling upon a group of 10 dynamic and curious humans, interested in the work of clown, ritual and performance to join in this enquiry based process exploring clown and ritual in relationship to ourselves and the land.

We will be working outdoors engaging with the natural environment to inform our artistic enquiry related to self research, clown, ritual performance and artistic expression. Taking what we find from our morning sessions, our afternoons will then deepen our enquiries with space for our artistic responses (performative, written, painted and however you express your hearts desire). There will be performances and group social events in the evening after fully immersing ourselves throughout the day. This will be an intensive process with a full schedule so please apply if you're yearning for an artistically full, in depth enquiry, holistic community based personal development retreat that is connected to and informed by the land, ritual and of course the comedy of you (your inner clown).

The land is glorious, luscious and green with rivers, forrest, hills and a lake to dunk your body in. The site is entirely off grid, all powered by solar, solar showers etc. and without "proper" electricity so we will be taking advantage of going un-plugged.

DAILY SCHEDULE (times dependant):

FRIDAY: 5pm arrival

Group social/meeting

Dinner

Opening ceremony & intro

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SATURDAY/ SUNDAY:

Breakfast

Group warmups & movement Practice

* Part One (exploring clown, ritual & performance in relation to self and nature)

Lunch

Recreational Time in Nature

* Part Two (performance & devising based practice)

Dinner

* Evening social- cabaret, roaming performance, ceremony etc. dependant on collective decision

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MONDAY:

Breakfast

Warmups & Group Celebration/goodbye

Clean Clear and Take down

Departure: 12-3pm

INVESTMENT:

* Includes veggie/vegan food all weekend, facilitation course fees, camping & venue costs
Sliding Scale £200-400

* Please note: Travel costs are additional but we can organise ride shares.

* Those who have the great fortune to offer more on the sliding scale offer opportunities for bursaries and lower income artists to take part.

* If you don't have the funds but have the heart and commitment to this practice then please get in touch. There maybe a bursary available for you.

APPLICATION DEADLINE: August 14th, 2020:

Please Fill out the application form here ASAP:

<https://form.jotform.com/202083127235345>

* Participants will be asked to make a deposit of £100 as the first instalment. The remainder will be required the week before the retreat. You can also opt to pay the full amount on acceptance if you so wish.

COVID-19 REFUND POLICY:

If Covid-19 returns and we cannot go ahead with the retreat- all payments will be fully refunded. Please note: This is a work of love and is not a great money maker, it is encouraged that if you must cancel due to Covid that you first look for someone who would be interested in filling your place, so as to not interrupt the program in a way that may result in great financial loss for those running the program.

Thanks for your interest and taking the time to apply!

* I will get back to you mid August at the latest- with whether you have been accepted to take part.

COVID- 19 PLAN: We are following the guidelines daily and watching as they change. Now that campsites and restaurants are open it is our intention to keep our community safe and move ahead with this residency in the best way possible, see Accommodation and Food plan below.

- * Should you need to cancel due to personal reasons: You will lose your deposit of £100 unless someone is found to fill your place either by us or you, in which case you will receive the full deposit and any remaining course fees that have been paid up until that point.
- * If Covid-19 prevents the program from going ahead (ie. the venue cancels etc.) all participants will be fully refunded.
- * If you have any further concerns please feel free to contact me to discuss: nellyzscott@gmail.com

ACCOMMODATION:

- * To uphold social distancing, the accommodation will be camping to ensure each participant is in their own bubble.
- * All participants are expected to bring the camping gear they require- please get in touch if you don't have what you need and we can do our best to help you source equipment.

FOOD:

Cooking and cleaning will be a group responsibility with a roster that we will all sign up to on day one.

- * The cooks (ourselves) will be required to wear face masks (so please bring your own face mask) with proper protocol for washing hands before and after touching food.

THE COURSE:

Our weekend will focus on: Connection to self other and the land, Presence, Humanity, Self-expression, Play, Community, Authenticity, Risk taking/Stepping out of the comfort zone, Being seen, Listening, Expressions of the Ridiculous and playing/being with nature.

We will be looking at how the practice of Clown can help us to live whole heartedly, true to ourselves in every day life as well as improving performance, building confidence and communication with others. Whether you are a performing artist, comedian, drama/art therapist etc. or someone who just wants to come out of their shell and take a risk to play and be seen this course is for you.

WHAT YOU WILL GET FROM THE WEEKEND:

- Connection with community and nature
- Being seen and seeing others
- Play and expressions of the wild self
- Rituals and Ritual Performance on the land
- Accepting all of ourselves- "You are enough to be loved".
- Understand how the world sees you
- To share honestly with vulnerability and sensitivity
- To meet your limitations and challenge yourself to go further
- To laugh at yourself and see the humour in your world
- Having a ridiculously fun time in nature and in the company of a creative community
- Camp Fire hang outs
- Performance Cabarets
- Immersive Rituals on the land

***please note:** there are limited spaces on this course depending on it's interest in the community we may not be able to take everyone who applies.

Many thanks for your application, I look forward to hearing from you!