

Springtime at the Beach Workshops



Presenter: Joop Hoekstra



English language

Title: Free your Body, Free your Voice

Workshop Description:

(abbreviated workshop description will be available in the conference packet)

Vocal variety and body language are connected to each other. When you feel free in your movements, your voice will also be more expressive. Body language and vocal variety are very personal.

One person makes quick and huge movements, and another makes fine and exact gestures. With the voice it is the same so there is no standard recipe for body language and vocal expression. It is a personal matter.

In this workshop, you will come closer to your own unique way of using body language and vocal expression. We will do this with a set of exercises used by actors. The objective of the workshop is to speak with natural body language and vocal variety..

Full Biography:

(abbreviated biography will be available in the conference packet)

Joop Hoekstra is a drama teacher and trainer in communications. He works at

Noordelijke Hogeschool in Leeuwarden (Netherlands) with social work students. He has directed small theatre projects in many countries. His last project was in Vietnam where he worked with disabled youngsters and used theatre as a means for empowerment.

More info: www.joophoekstra.com