



Photo:misha millar

## FOOLS PROOF

A Clown workshop with Nayana Fielkov

This workshop is an invitation to expand and develop play and personal presence on stage and in everyday life.

Through a series of experiential awareness building games and exercises, we will cultivate curiosity, explore emotional range and practice the bravery of sharing our willingness and openness. Through following the body and our impulses, we can be in delight with the discovery of the moment.

In this workshop we will:

- \*Laugh A LOT
- \*Practice emotional range in order to widen possibilities of freedom with agency
- \*Practice simplicity to discover honesty and detail in what is funny
- \*Explore extension of impulse to become familiar with the edges of what is possible

\*Work with tempo, rhythm, space, tensegrity, shape and form to gain agency in the body as a tool

\*Discover by witnessing and practicing what generates laughter

\*Widen tools and possibilities for generating content and inspiration

Perfect for performers and non-performers, dancers, actors, musicians, storytellers, and anyone interested in building their personal presence and sensory awareness in performance and everyday life! Taught in English with Gibberish subtitles.

"If I were a fool, I'd know exactly what to do"

Nayana Fielkov is a Canadian based performing artist dedicated to the work of play. She brings together the mediums of clown, dance, mask and physical comedy. Nayana is co-creator and performer in multi award winning shows Falling Awake, Hotel Votruba , A Can of Worms, UNDERBELLY, Habitats, and Out of time from The Myrtle Sisters. She is a founding member of ensemble theatre/clown troupes the Poupon Parade, and The Dusty Flowerpot Cabaret.

Nayana has studied extensively with many teachers including: David MacMurray Smith, Deanna Fleysler, John Turner, Peter Bingham and Ruth Zaporah. Nayana has been teaching for over a decade both internationally and throughout Canada.

[nayanafielkov.com](http://nayanafielkov.com)

#### TESTIMONIALS:

"I genuinely cannot speak highly enough of working with Nayana. What she creates is more than just clowning — it is a container through which you can see your life and the world in a new way (which includes a lot of laughing). If you're on the fence about doing this workshop, I encourage anyone and everyone to take the leap. You won't regret it. "

-Student

"I felt seen, safe, and supported. I found her to be flexible, kind, honest, and a master of her craft."

-Megan Hyslop PHD

"It was exciting to see her passion and experience transfer into meaningful and direct lessons and opportunities.

Nayana was able to facilitate very strong and playful solo, small group and ensemble work built on awareness, listening and responsiveness."

Jason Donaldson Gulf Islands School of performing arts