

Zvov Sensory Workshop

The mind is our stage. Now step inside with us.

“INSIDE Zvov Sensory”

The workshop, allows the audience to step into the shoes of a sensory performer and explore literally hands-on. Led by the [Zvov Sensory team](#) (Maya Felixbrodt, Clara Rivière, Shaya Feldman, and Yvonne Freckmann) it is an overall investigation of non-verbal communication that explores extended use of all senses with a focus on movement, sound, smell, and touch, through interactive activities. The participants learn and communicate about the importance and uniqueness of each sense, develop sensitivity qualities, awareness possibilities, and discover new opportunities to reach beyond the way in which they use their senses in everyday life. They can try and apply the exercises we used to research and develop our show!

Who can join?

People of all ages can join. For children Zvov has given summer camps in the past, as they swiftly and naturally enter the “sensory” world. Our oldest audience member was 93.

The workshop can be offered in two parts: Part 1 workshop learning, Part 2 participatory Session. People who cannot attend Part 1 are welcome to enter as blindfolded audience in Part 2.



Workshop structure

The workshop consists of a series of exercises to train participants in awareness, non-verbal communication, and use of specific senses for themselves and in relation to others. The different exercises are meant for the audience to explore each sense separately (movement, sound, smell, and touch) and then apply them in practice together. Workshop Part 1 consists of four sections of sensory training, followed by the application of the new skills in Part 2.

Part 1

1. MOVE: First exercises in the workshop draw awareness to the body, its movement and relation to others, as well as exercises of eye contact. *Zvov Sensory* is a non-verbal performance: awareness of each other, what is happening, and constant connection is crucial. Other exercises can include mirroring movement, and moving

without seeing. *Sensory* begins by leading people blindfolded into an unknown space. For an insider experience, we teach participants how to guide blindfolded people, walk, sit down and stand up in a careful and trusting way.

2. SOUND/HEAR: As musicians we are highly attuned to sound. In the workshop we create awareness through improvisation exercises with small percussion (or other instruments/objects) and voice. Every footstep becomes part of the performance, so more self-awareness grows. Furthermore, we invite the audience to bring their own instruments.
3. SMELL: Another special ingredient in *Sensory* is smell, to be used with intention. We experiment with the experience of giving or receiving a smell in small groups.
4. TOUCH: Through touch our audience realizes this is no normal concert. We provide exercises to touch and feel the objects in the room, the space itself. In small groups of about 3-5 blindfolded people, participants take turns giving objects for members to explore through touch. Here we learn how much time people need for each object, how an experience can be built.

Part 2

5. TIME: The culmination: a performance *Sensory* session in time (PART 2) with blindfolded and seeing participants creating their experience together. Here participants learn how over time the sensorial experience deepens and intensifies. People begin to explore, trust, discover. This part may welcome new audience members as well. The *Zvov Sensory* team oversees this session.



Workshop Space

- Our technical needs are simple: a (preferably) dimly-lit space where we and the participants can move freely. (Preferably no steps down from a stage, for example) Chairs or cushions, and cups of tea for the performance. Four tables.
- Exact timing of the workshop can be flexible. We recommend 1.5 hours for the workshop, a 15-20 min. break, followed by a full sensory session including workshop participants of 45-60 minutes.
- The capacity is up to 45 – 50 participants.

Inside 'Zvov Sensory', an outward effect

The profound exploration of the senses approaches as well the subject of tolerance to the other in society, and allow participants to dive briefly into the world of people with functional diversity, such as blindness and deafness. Once the beauty of each sense is revealed, an acknowledgment of the beauty of one another in society becomes accessible.

The experience of both the 'active' and 'passive' participants in the performance is very strong – it is about learning how to give and how to receive, letting go of prejudice about self and other, while allowing imagination, empathy and creativity to step in. Also 'passive' participants soon discover their own important role in the whole.



The Zvov Sensory Team

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