

# **Michael Chekhov Europe Training**

at Schule für Schauspiel Hamburg

## **Psychological Gesture: The Character's Spine**

**3 - 6 October 2024**

**Hamburg, Germany**

with

**Ulrich Meyer-Horsch**, Schule für Schauspiel Hamburg, Germany

**Olivia Rüdinger**, Cologne, Germany

**Slagana Vujosevik**, VETRA ART, Skopje, North Macedonia

The Psychological Gesture is probably the most famous tool of Michael Chekhov's acting technique. It is a psycho-physical movement that awakens the actor's inner life. A key to the essential features of the character, it enables the actor to express and embody his/her objectives.

In the workshop, we will explore the natural flow of movement and breath and how it creates bold characters through gesture and archetypes. Stirring our will power, the Psychological Gesture gives the will a definite direction, awakens feelings, and evokes a condensed version of the character and his/her relationships.

● Objectives ● Archetypal Gestures ● Psychological Gesture of the character ● Organic Breathing ● Qualities ● Feeling of Ease, Form, Beauty, and the Whole ● Archetypes ● Relationships ● Thinking, Feeling, Willing ● Scene study

Preparation: Please read Bertolt Brecht's play "Mother Courage and her Children" and learn a short monologue from it (in your own language or in English).

Module 3 of the Michael Chekhov Europe Training – Module 3

<https://sfsh.de/chekhov-international>

[www.michaelchekhov.eu](http://www.michaelchekhov.eu)

[www.michaelchekhoveurope.eu](http://www.michaelchekhoveurope.eu)

## PSYCHOLOGICAL GESTURE: THE CHARACTER'S SPINE

Michael Chekhov International Workshop

October 3-6, 2024 in Hamburg, Germany

### GENERAL INFORMATION

Date: **Thursday, October 3<sup>rd</sup> – Sunday, October 6<sup>th</sup>, 2024**

Working hours: 10:00am – 4:30pm (incl. lunch break)

Working space: **Schule für Schauspiel Hamburg**  
Oelkersallee 29a and 33, Hamburg  
[www.sfsh.de/en](http://www.sfsh.de/en)  
Public transport:  
S-Bahn: Holstenstrasse (10 min. walk)

Working language: English / on stage, participants may act in their own language

Tuition fee:

**€ 440,--** (application before August 31<sup>st</sup> 2024)

**€ 480,--** (application after August 31<sup>st</sup> 2024)

Participants from non-EU countries may apply for a discount (only limited number).

Housing and food are not included.

We are happy to help you finding inexpensive accommodation.

Monday, **October 7<sup>th</sup>** we offer a **training for teachers** who have completed all modules. It will be guided by Ulrich Meyer-Horsch. Please contact us if you are interested.

### CONTACT

**Michael Chekhov Europe Training  
at Schule für Schauspiel Hamburg**

Oelkersallee 29a, 22769 Hamburg, Germany

[chekhov@sfsh.de](mailto:chekhov@sfsh.de)

+49 40 4302050

[www.sfsh.de/chekhov-international](http://www.sfsh.de/chekhov-international)

[www.michaelchekhov.eu](http://www.michaelchekhov.eu)

[www.michaelchekhoveurope.eu](http://www.michaelchekhoveurope.eu)

*FB: Michael Chekhov Europe Training // Michael Chekhov Europe Friends // Schule für Schauspiel Hamburg  
Instagram: michaelchekhoveurope // sfsh\_schauspielschule*

## HOW TO GET TO HAMBURG

**By train and bus:** There are very good train connections from most European cities: [www.bahn.de](http://www.bahn.de). You can reach the city also easily by bus (e.g. Flixbus).

**By plane:** Hamburg Airport: [www.hamburg-airport.de](http://www.hamburg-airport.de).

### How to get to Schule für Schauspiel (SfSH):

From the airport or from Hauptbahnhof (main station) you take the S-Bahn to Holstenstrasse (S11, S21, S31). From there it is a 10 min. walk to Oelkersallee 29a and 33.

Check city map on: [www.sfsh.de/service/anfahrt](http://www.sfsh.de/service/anfahrt)

## ACCOMODATION

[www.superbude.com/en/hotel-hamburg/altona](http://www.superbude.com/en/hotel-hamburg/altona); [www.hostels.com/hamburg](http://www.hostels.com/hamburg)  
[www.schanzenstern.de](http://www.schanzenstern.de); [www.instantsleep.de](http://www.instantsleep.de); [www.meininger-hotels.com/en/hotels/hamburg](http://www.meininger-hotels.com/en/hotels/hamburg);  
[www.airbnb.de](http://www.airbnb.de); [www.booking.com](http://www.booking.com)  
[www.hamburg-tourism.de](http://www.hamburg-tourism.de); [www.hamburg.de](http://www.hamburg.de); [www.Hotelreservierung.de/Hamburg](http://www.Hotelreservierung.de/Hamburg)

Please be aware that the school cannot organize your accommodation. However, we are happy to send you a list of affordable places close to the school. Please feel free to ask if you need further help.

There are many cafes, restaurants and shops in the area. You can pay in Euro, credit card and V-pay girocard. Smaller places will accept only cash.

## LUNCH at the school

The school has a nice little Café: Cantina 33. Apart from snacks and drinks, you can buy delicious and inexpensive lunch in the cafe. We recommend everybody to stay there during the lunch breaks.

## HOW TO APPLY

Please fill in the application form (see last page) and send it to:

**Michael Chekhov Europe Training**  
**c/o Schule für Schauspiel Hamburg**

Oelkersallee 29a, 22769 Hamburg, Germany

or email it (with your signature!) to: [chekhov@sfsh.de](mailto:chekhov@sfsh.de)

Please make your payment to:

**Michael Chekhov Europe e.V.**

(Address: Eisenbahnstrasse 21, D-10997 Berlin)

Bank: **Landesbank Berlin - Berliner Sparkasse**

**IBAN: DE70100500000190265264**

**BIC: BELADEBEXXX**

mentioning 'Hamburg October 2024' and your name!

Applications will be registered once the application form has been returned and the workshop fee is paid. Your place will be confirmed by email as soon as possible thereafter. Your application is definite and irrevocable. The fee is non-refundable, unless someone else fills your place (for example from the waiting list). In that case there will be an administrative charge of € 50,--.

Ca.10 days before the workshop you will be sent further details concerning practical matters. You will be given a receipt of your payment upon arrival.

The organizers are not liable for any claims regarding loss or theft of valuables, or in cases of accidents, injuries, harm or illness during the workshop or on the way to or from the working space.

*All details are subject to change.*

## FACULTY

### **Ulrich Meyer-Horsch** – *Schule für Schauspiel Hamburg (SfSH), Germany*

Ulrich Meyer-Horsch is an award-winning actor and theatre director with three decades of working experience in German state and regional theatres: Deutsches Schauspielhaus Hamburg, Theater Kiel, Theater Lübeck, Schauspiel Frankfurt, Kampnagel Hamburg, Altonaer Theater, Komödie Düsseldorf, Maxim Gorki Theater Berlin, among others. He has worked with Simon McBurney and Complicité, Augusto Boal and Yoshi Oida. Until 2015 he was the associate artistic director of Kreuzgangspiele Feuchtwangen, one of Germany's biggest summer theatres.

Ulrich holds a degree in Acting from Schule für Schauspiel Hamburg and diplomas in Theology, Philosophy and Theatre Pedagogy from the universities of Heidelberg, Hamburg, and London (King's College). He studied with Michael Chekhov's former students Hurt Hatfield, Deidre Hurst du Prey, Mala Powers and Joanna Merlin as well as with master teachers from Russia and East Asia.

In his approach to the Chekhov Technique he incorporates the exploration of children's games, organic breathing, and work with masks. Since 1994 he has been teaching throughout Europe, Russia, Armenia, the Middle East, Brazil, Cuba, Uruguay, the US, Japan, Singapore, Taiwan, Indonesia, and East Africa. He is a guest lecturer at Yeditepe University, Istanbul, Turkey, member of the international faculty of the Michael Chekhov Association (MICHA), New York, and co-founder of Michael Chekhov Europe e.V. (MCE). Since 2020 he is the artistic director of Schule für Schauspiel Hamburg (SfSH).

Ulrich recently co-edited the book "*Michael Tschechow: Der Schauspieler ist das Theater*", Berlin 2022.

### **Olivia Rüdinger** – *Acting coach, Cologne, Germany*

Olivia Rüdinger, US-Citizen, has been a highly recognized acting coach in Germany and Europe for more than thirty years.

She received her bachelors degree in speech and dramatics from the University of Minnesota. Later, she studied modern dance and dance pedagogy at the Lola Rogge School in Hamburg and became a member of the faculty, teaching modern dance and improvisation. For the next 8 years she studied Reichian breathing technique and body work. During this time she directed and performed in the dance theatre company "Winter auf Mallorca".

1987 she founded with her partner Michaela Uhlig the "Studio O33 / Schule für Schauspiel Hamburg (SfSH)", which has become one of the most renowned drama schools in Germany. She was the artistic director of the school for 32 years. After passing on this responsibility to Ulrich Meyer-Horsch, she is now continuing teaching organic breath and movement.

### **Slagana Vujosevik** – *VETRA ART, Skopje, North Macedonia*

Slagana Vujosevik is a Macedonian actress who has had the privilege to create in almost every medium – theatre, cinema, animation and television. She graduated from the Faculty of Dramatic Arts in Skopje (2011) and holds a MA in theatre arts (2015) and a PhD in film arts (2019), both from Istanbul University. Since 2012, Slagana has been continuously sharing her knowledge through acting courses, workshops and trainings organized in collaboration with the schools and academies Sahnebaz, Entropi Sahne, Roll Sahne and Hata Yapım Atölyesi in İstanbul.

Since 2018, she has been attending the training for actors and teachers, organized by Michael Chekhov Europe (MCE). Today, she is the only Macedonian member of Michael Chekhov Europe and certified teacher for this acting technique in the Republic of North Macedonia.

Slagana has been teaching Voice and Speech at the Faculty of Dramatic Arts in Skopje (2019-2023) and she was the programme director of the student Festival SKOMRAHI (2023). She has played in more than 20 theater performances in Macedonian, Turkish, English and French language. She is well known to the Turkish audience through her acting performances in the TV series "Aci Ask", "Buyuk Surgun Kafkasya" and "Canevim". Recently she made her feature debut in Goce Cvetanovski's "The Business of Pleasure", a film that was selected and awarded by many film festivals throughout Europe, Asia and the United States.

Slagana Vujosevik was awarded the Best Young Actress 2015 and Woman of The Year 2022. Currently, she is employed at the Turkish Theatre Skopje. She is a teacher for Film Acting at Skala School and president of VETRA ART Skopje, an organization for art and education.

## APPLICATION FORM - Michael Chekhov International Workshop, October 2024

Name: ..... Age: .....

Address (street, number, city, postal code, country): .....

.....

.....

Email: ..... Mobile phone: .....

Social media: .....

Artistic experience & education:

.....

.....

.....

Experience in the Michael Chekhov Technique:

.....

.....

I wish to register for

**PSYCHOLOGICAL GESTURE: THE CHARACTER'S SPINE – Michael Chekhov Workshop  
October 3-6, 2024, at Schule für Schauspiel Hamburg, Germany**

I shall pay **€ 480,--** (application after August 31<sup>st</sup>) / **€ 440,--** (application before August 31<sup>st</sup>)  
to the following account (with my name on it):

Michael Chekhov Europe e.V., Eisenbahnstrasse 21, D-10997 Berlin

Bank: Landesbank Berlin - Berliner Sparkasse

Account number: IBAN: DE70100500000190265264 / BIC: BELADEBEXX

Mentioning 'Hamburg October 2024'

I know that the organizers are not liable for any claims regarding loss or theft of valuables, or in cases of accidents, injuries, harm or illness during the workshop or on the way to or from the working space. I accept that I have to take care of my own insurances, because the organizers will not insure participants.

I wish to receive accommodation assistance.     I do not need accommodation assistance.  
(please tick!)

Date: ..... Signature: .....

*Please send this form to: Schule für Schauspiel Hamburg, Ulrich Meyer-Horsch, Oelckersallee 29a,  
22769 Hamburg, Germany, – or email it signed to [chekhov@sfsch.de](mailto:chekhov@sfsch.de)*