

Anne O’Keeffe is a dancer, actor and teacher, trained at Rusden (Dance/Drama) and Victorian College of the Arts (Choreography). With improvisation central to her practice, she has been teaching for 35 years, inspired by **Skinner Releasing Technique**, **Michael Chekhov technique**, Al Wunder, Stephanie Skura, Eva Karczag and Min Tanaka. Anne’s dance-theatre company, **SIRENSONG**, has produced three major works: **Walk on Water** (99/00), her solo work **Sex and Death** (2002/03) and **Song of Longing** (2008).



Anne teaches Improvisation to dancers and Movement to actors at VCA, 16th Street Actors Studio and Brave Studios. In 2009, Anne achieved a Masters degree exploring the role of **Presence** in the creative process and in 2016 she received the **Pegasus Scholarship**, honouring teaching excellence in the performing arts.

Anne has been facilitating and developing the Alchemy Improvisation classes since 2001 and she is profoundly committed to nurturing her students in their creative unfolding. Anne believes that arts teaching has the capacity to inspire, empower and transform individuals and the wider community. Her intention is to create a space where generosity, presence and kindness are cultivated for the benefit of ourselves and others.

Words from participants:

‘Anne I wanted to thank you again for enriching all of our lives so much. I blink sometimes thinking about how fortunate we are to be able to share in the process of this deep and non-linear work that you continue to guide us so sensitively through with so much love and care. It is like family and beyond it with the timelessness that resonates there, between us and through you into magical moments, one after the other. It really is gold. You are gold!’

Rebekah

‘Alchemy classes for me are incredibly transformative as I always find the wisdom of my body is far more profound than any amount of talking will bring about. I am also realising that Alchemy classes are for my soul...my soul gets embodied and manifested through a mysterious process...it’s as though everything comes together: body, mind, heart...’

Abigail

‘Thank you so much for providing a space where like minded and open hearted people can share themselves so freely and completely. It is a beautiful thing to be a part of. My soul feels cleansed and nurtured. Working with you reminds me of how important movement and dance are to my life - for the moments when I am in the dance my mind is no longer master, body and mind are one and working together - in some way it is like becoming nothing, just pure energy, breath.’

Tristan

Dance soulfully, live joyfully

Alchemy

TEACHER TRAINING

Over two weekends, students are invited to join Anne O’Keeffe for **ALCHEMY TEACHER TRAINING**. For those with significant experience of the work, participants will be led into the secret garden of Alchemy, where principles, philosophies and practices will be shared. Alchemy teacher training will honour and inspire both those with current and sustained teaching experience, and those keen to begin their teaching practice. Anne’s intention is to establish a teaching community informed by Alchemy’s unique approach to mindful movement and embodiment.

WEEKEND ONE will focus on **ALCHEMY PRINCIPLES, PHILOSOPHIES and PRACTICES**. We will also share our current teaching principles, practices, influences and intentions, establishing a dynamic pedagogical community.

WEEKEND TWO will focus on the **NUTS AND BOLTS** of creating or developing our own classes, exploring the practicalities and challenges that require consideration. Participants will then be invited to **TAKE THE FLOOR**, trialing a short class and receiving feedback from Anne and the group (optional).

Both weekends will involve in-depth discussion and note-taking, enhanced by Alchemy embodied practices. Part three of the Training will be the **MENTORING PROGRAM** (optional) consisting of 10 hours of mentoring support, guided by your needs as a developing or emerging teacher.

DATES: Saturday/Sunday OCTOBER 5/6 and Saturday/Sunday NOVEMBER 2/3, 2019 (**BOTH WEEKENDS must be completed**)

TIMES: 10am-5pm each day

PLACE: GREEN MONDAY STUDIOS, 73 Gratten Street, CARLTON

COST: \$300 per weekend. Optional mentoring: \$300.

***PLACES STRICTLY LIMITED.** Weekend One fee due **Friday, September 20**. Weekend Two fee due **Friday, October 18**. Direct Deposit: Anne O’Keeffe, Westpac, BSB: 733055 ACC NO: 634594

BOOKINGS and ENQUIRIES: Please ring Anne on 0411 218 101

Email: aok@alchemydance.com.au

Website: www.alchemydance.com.au

with Anne O’Keeffe