

PLAVO theatre
theatre laboratory

FLOW ABILITY

WINTER INTERNATIONAL SESSION

Belgrade
December 2 - 7, 2018

Flow Ability is a new international training program created in theatrical laboratory PLAVO Theatre for all people interested in working on self-development through theatre, which will be held in Belgrade from December 2 - 7, 2018.

The program aims at raising the level of our productivity, creativity and precision. It consists of exercises and training which provide participants with knowledge and tools that can help them to enter **flow** – the state of **high productivity, creativity and precision in their work and everyday activities**. In that way **the flow**, a much desired state for all those involved in creative processes/activities, is no longer exclusively a matter of inspiration and becomes knowledge that is in our hands which can be repeated any time we need it.

The work is based on the activation and increasing the capacity of our **intention, initiative and energy**. Training system that makes it possible consists of three types of trainings and exercises: Human experience exercises, Capacity training and Integrative training.

Flow training system

- **Human experience exercises** - exercises that reveal everyday mindset through our personal experience, which prevents us from being able to maximize productivity and creativity.
- **Capacity training** - works on increasing and quality of our intention, initiative and energy.
- **Integrative training** - introduces us to a state called **flow** - a state in which we are productive, precise and creative at the same time.

The program is opened not only for people in the sphere of contemporary theatre, but for all those who have a need to enrich their work and everyday activities with greater creative energy and a higher level of productivity, regardless of their profession.

The system of exercises and trainings is based on knowledge and experiences which **PLAVO Theatre** has developed within 22 years of work and existence in the sphere of theatrical anthropology and work with people through numerous educational projects, as well as projects aimed at individual and social development.



Program

Sunday, December 2, 2018

20:00 Concert of PLAVO theatre

Monday, December 3 – Friday, December 7, 2018

15:30 - 17:30 video sessions;

18:00 - 21:00 workshop

The work will be held in English.

Registration:

- Registration fee for participants from the countries of the region (Serbia, Montenegro, Bosnia and Herzegovina, Croatia, Macedonia) - **€90**;
- Registration fees for participants from EU countries - **€130**.

Note: The number of participants is limited. There is no a specific application deadline.

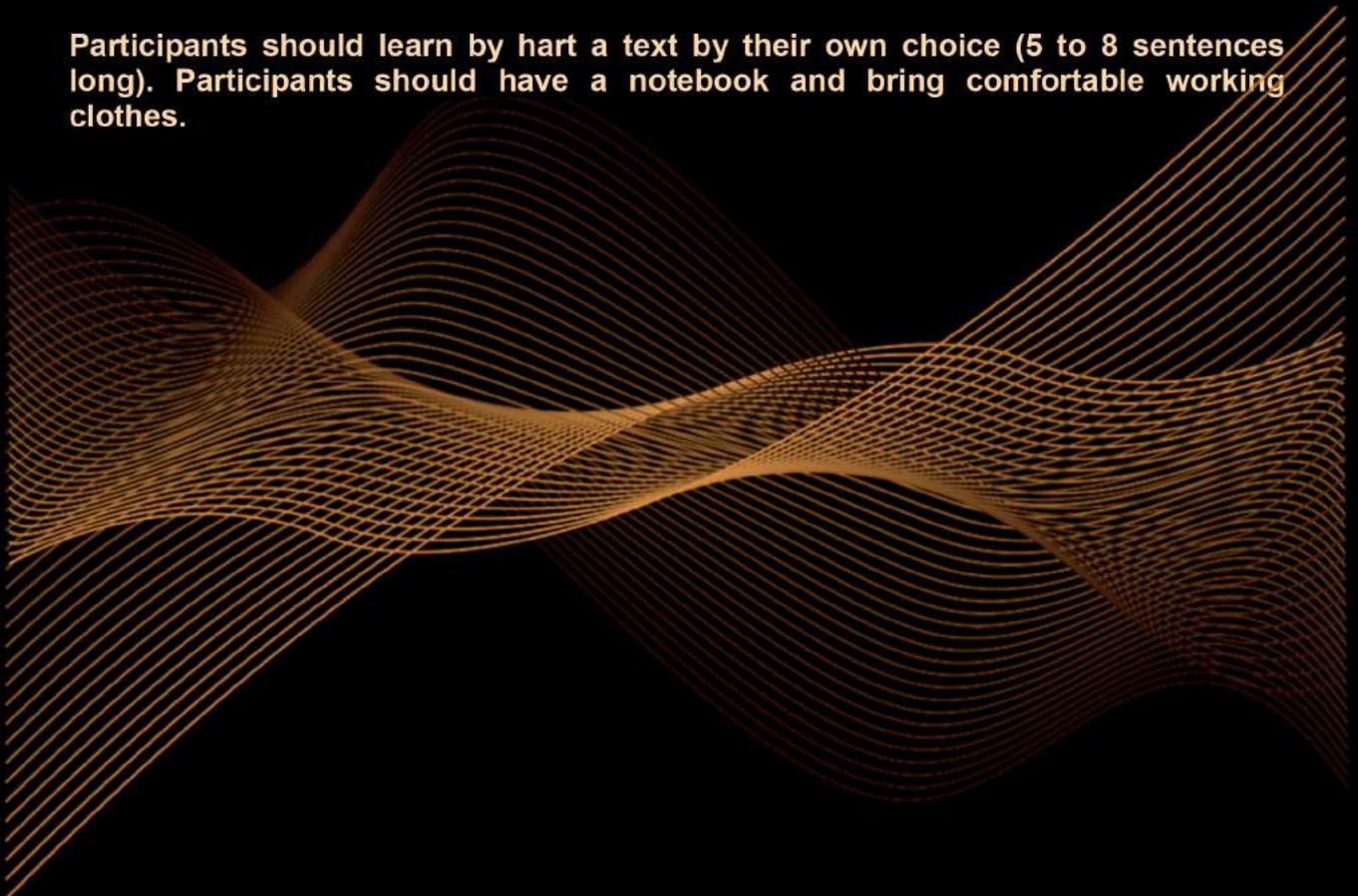
After sending us registration form and getting a confirmation from us about their participation, interested participants should pay the fee to our bank account in order to book their place.

Please contact us for all additional information including registration form or any practical information.

e-mail: plavopozoriste@gmail.com,

web: www.plavopozoriste.org

Participants should learn by heart a text by their own choice (5 to 8 sentences long). Participants should have a notebook and bring comfortable working clothes.



Leaders of the work

Nenad Čolić - director, actor and pedagogue, was born in 1961 in Belgrade. Prior to the foundation of PLAVO theatre, he was a dancer, one of the founders of Theatre Signum, one of the first independent theatre companies in Serbia, later the actor of Dah Theater from Belgrade. In that period, he gained practical experience in working with the Odin Teatret actor, Torgeir Wethal. In 1994, he began directing, he worked in Milan with Massimo Gianneti, founder of the Italian theatre Specchi e Memorie, with whom he began a long cooperation.

In 1995, he founded PLAVO theatre - theatrical laboratory, in which he has been a director, pedagogue and actor. He directed all the performances of PLAVO theatre performed in Serbia and abroad at numerous theatre festivals. Since 1995, he has been leading various workshops and seminars in Serbia and internationally such as *From Myself towards Theatre*, *Contemporary Theatre - Space of Open Mind*, *Contemporary Theatre - Mind and Technique*, *Two Open Weeks of PLAVO Theatre*, as well as ongoing educational projects such as *Contemporary Theatre Studio*, *The Hearing Body*, *FLOW Ability*.



Dejan Stojković - actor, musician and pedagogue, born in 1976.

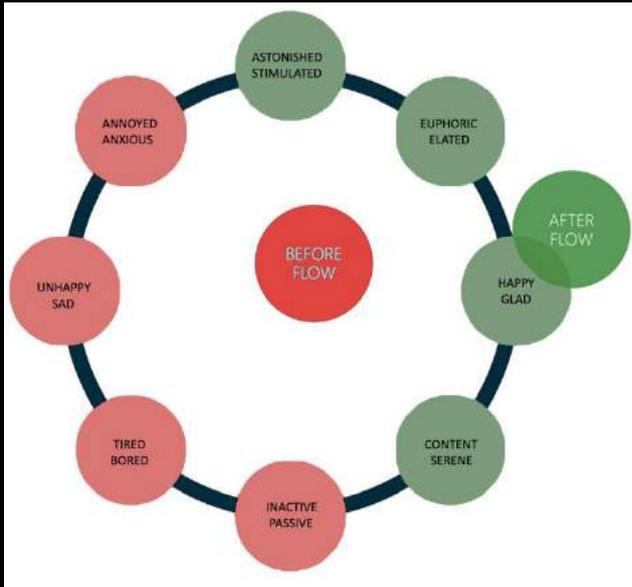
Member of PLAVO theatre since 2000. He has been a member of PLAVO Theatre - theatre laboratory since 2000. Since then he has performed in PLAVO theatre performances: *Oscar Wild and Inconstant Prince* (2000), *Hirpertrophy of authority* (2001), *Sarcasticus or Birth of the Virus* (2002), *Fantastic Gospel According to Virginia* (2003), *Dialectics of Soul – Study of Freedom* (2004), *I Sing Like a Bird* (2006), *The Wizard or Harmonic Cacophony* (2007), *Dancing With Father* (2008), *Pagan Phantasma or The Secret of Betrayal* (2011, 2012), *Concert of Decadence* (2011), *The Day of Ahasverus* (2014), *Daydream – A Sory from Terezin* (2016). To broaden his acting work, so far he participated in workshops led by Odin Teatret actress Iben Nagel



Rasmussen and those led by teacher and former actor of Jerzy Grotowski's Laboratory Theatre, Rena Mirecka. He assisted PLAVO theatre educational projects, such as workshops *Contemporary Theatre – The Space of Open Mind*, *Contemporary Theatre – Mind and Technique* and continuous project *School of Contemporary Theatre*.

Test results

We had the opportunity to examine the whole methodology related to the *Flow Ability* program. The EEG apparatus was attached to one of the subjects before workout, during work and after the workout of the training. The results positively astonished us. The subject was given a certain task to work on before and after the training. There was an increase in productivity and creative finding of the solution by almost 200% while the subject was working on the task after the training. The overall state of the subject also changed (picture 1), as well as his mental performance (pictures 2 and 3). This enabled the subject to perform a greater degree of creativity and productivity.



**PICTURE 1
EMOTIONAL REACTION**

After flow training we clearly see increased emotional reaction quality (horizontal axis).

**PICTURE 2
BRAIN ENGAGEMENT**

After flow training we clearly see decreased brain exertion (do more with less brain activity) .



**PICTURE 3
COGNITIVE LOAD**

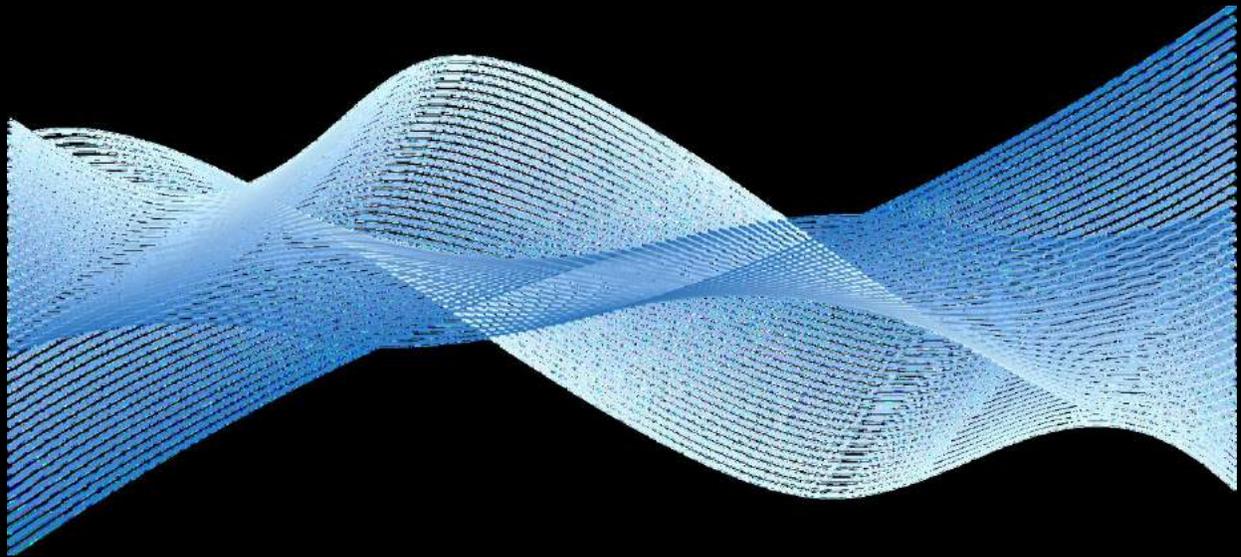
After flow training we clearly see decreased brain effort (better output with less strain)

Testimonials

Interested in the presentation of the Flow Ability workshop, held in PLAVO theatre, I ventured to apply for the work. The thing that motivated me was the story of the people present at the presentation about the possibility of willingly 'dropping' into the Flow, about the possibility to be in the state of high concentration whenever we needed it. I was also motivated by the recommendation of my good friend whom I appreciate and who has been working with PLAVO theatre for several years now. What thrilled me the most was the full commitment of the leaders of the workshop to transfer their knowledge, to lead us to our personal limits and to show how to overcome them. It is necessary to have

a lot of knowledge in working with people to motivate and push them forward, and to achieve it in 'velvet gloves'. It is especially admirable that they dedicated themselves to each of us personally at the workshops so that the impression was almost of a mentor's work. Already after a few terms, I started to grasp the essence. At least for me, this was awareness of acts and processes that I had previously performed without thinking and which disturbed me in concentration and work, which all reflected on quality. I saw how to achieve and create in myself a motivation that would lead me to persist in pushing some work to the end. I saw how a breakthrough occurred to me. It does not mean that I no longer procrastinate, but it is clear to me now where it starts from. When it begins I have a way to be awake and focused on the job in order to leave procrastination for home.

Rade Martinovic



Through Flow Ability, I linked up with my own source of creative energy. My work requires accuracy and speed, and this experience helped me to be more focused, calmer and more productive. I learned to experience tiredness as a current state that can be overcome by connecting with this source, not only at work, but also in other daily activities.

Jasmina Knezevic