

Title of Workshop: *The Storyteller's Core*

Synopsis: The secret behind any dynamic performer is often his/her ability to command the body's core muscles to support the performance. If you wish to become a more vibrant and animated storyteller, let experienced storytelling coach and theatre veteran, Verena Tay, share with you some practical tips on how to activate and utilize your physical centre so that you can speak, move and perform with a power and strength you never knew you had.

Areas Covered:

- Discover your core muscles and how to connect to them.
- Explore how you can use these core muscles to support your storytelling.
- Integrate your speech and movement so that you can tell stories in a livelier manner.

Duration: One 3-hour session: Sat 24 Mar 2012 (10 am to 1 pm)

Venue: Classroom 1, 2nd Floor, The Substation, 45 Armenian Street

No of Participants: 8 minimum, 15 maximum

Cost: - Full Price: \$100/person

- Discount: \$80/person [only for Associate & Professional Members of the Storytelling Association (Singapore)]

Pre-requisites: - Open to experienced storytellers in English who wish to improve their storytelling.

- Please come dressed in loose, comfortable clothing so that you will not feel constricted while doing the various physical activities.
- Please bring at least 2 stories that you would like to improve your ability to tell.

About the Workshop Facilitator (as of 31 Dec 2011)

For more than 25 years, Verena Tay has acted, directed and written for local English-language theatre in Singapore, working for companies such as The Necessary Stage, ACTION Theatre, TheatreWorks and Practice Theatre. She created various solo and collaborative performances, often based on original, self-written material while she was as an Associate Artist with The Substation (2002–09). Three collections of her plays have been published: *In the Company of Women: Selected Plays* (Singapore: SNP Editions, 2004), *In the Company of Heroes* (Singapore: Math Paper Press, 2011) and *Victimology* (Singapore: Math Paper Press, 2011). An Honorary Fellow at the renowned International Writing Program, University of Iowa (Aug-Nov 2007), she is now working on her first volume of short stories and debut novel.

Apart from theatre, Verena brings stories vocally and physically alive in her unique fashion. She chooses her storytelling repertoire carefully, adapting folktales with strong characters or creating original tales with a twist. Where possible, she invests her quirky brand of humour, especially in her stories for adults, to delight and encourage her audience to appreciate a different perspective on life. Together with Kamini Ramachandran with whom she founded MoonShadow Stories in November 2004, Verena has been telling stories at various community venues across Singapore, much to the delight and enjoyment of adults and children. In particular, MoonShadow Stories has done much to push the boundaries of storytelling for adults in Singapore. A Professional Member and founding member of the Storytelling Association (Singapore), Verena has successfully coached members of the SAS and members of the public to improve their craft of telling stories through various courses, particularly her intermediate level workshop, *Beyond Storytelling 101*, that she has been conducting on a regular basis since 2008.

Outside of theatre and storytelling, Verena has worked in public affairs, marketed books, and edited newsletters and books on teaching and learning issues in higher education. Her interest in performance led her to pursue an MA in Voice Studies (2005) at the Central School of Speech and Drama, London during 2003-04, thereby augmenting her MA in English Literature (1993) from the National University of Singapore. Since 2005, she has taught voice, speech and presentation skills at the National Institute of Education, Nanyang Technological University, National University of Singapore, LaSalle College of the Arts, Nanyang Academy of Fine Arts and other local institutions. For more information, please visit <http://verenatay.com> and <http://www.moonshadowstories.com>.

For Registration: Please complete the registration form on page 2 and snail mail it plus cheque payment to Verena Tay by Fri 16 Mar 2012.

THE STORYTELLER'S CORE (MARCH 2012)

REGISTRATION FORM

Name: _____

Organisation: _____

Address: _____

_____ Singapore _____

Contact No.: _____ (M) _____ (H) _____ (O)

Email: _____

Please tick where relevant:

- () Current Associate/Professional Member of Storytelling Association (Singapore)
- () General Public

Please list briefly your experience in storytelling thus far:

Please indicate your expectations for this workshop (if any):

Duration of Workshop: Sat 24 Mar 2012 (10 am to 1 pm)

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Please:

- Make out cheque payment to: Tay Siew Hui Verena.
- Complete the registration form and send the form (with cheque) by **Fri 16 Mar 2012** to: Verena Tay, 317 Bukit Timah Road, #06-317, Singapore 259711.

Please note:

- Places are limited. Confirmation will be via email upon receipt of registration and payment. A reminder email will be sent to all participants nearer the date.
- Cancellations are non-refundable, but transferable.