

STEFANIE SOMMER

"In my work I strive to inspire people to express themselves freely and to find a deeper connection to their body and mind. I am very interested to create structures for improvisations that allow for the subconscious and the unexpected to emerge, stopping consciousness from raising innumerable objections and interfering with our spontaneous imaginative process. I encourage people to notice at what moments they reach a resistance that prevents them from moving forwards. This junction between the outer and inner life experience is an area that fascinates me a lot."

Stefanie trained at Rose Bruford College in *European Theatre Arts* and also has an MA in *Movement: Teaching and Directing* from Royal Central School of Speech and Drama. She is a performer, teacher, and director with a passion for devised theatre, movement improvisation, and play. She has taught movement and character development at ALRA South, Central Saint Martins and Mountview Academy of Theatre Arts. In her work she uses visual elements, movement, and sounds to create a visceral experience for the spectators.

Most recently she collaborated with Page One Theatre on her solo performance 'Rise and Fall', which toured the UK and was recently performed at Royal Opera House in London.

For more information on Stefanie's work visit www.stefaniesommer.com