



Frank Wurzinger: Clown: Connecting Through Authentic Play



Frank has a particular interest in using the approach of the clown to bring playfulness to everyday life. Through clowning, he found a way of accepting and freeing himself from social norms and expectations. In this session explore using the body, voice, and imagination to become present and playful with freedom in the idea that there is no 'right and wrong' way of being, finding self-acceptance rather than self-improvement.

TOP EMBODIMENT TIP: Find playfulness in the light and dark stuff.

Goals Inhibit:

- A survey showed that sense of humor is lost around age 23. It is time to get serious!
- There is no goal to playfulness.
- Unlearn stuff.
- We are just playing when the best things happen.

The Image Of A Clown:

- Comics make fun of others. Clowns are the joke.
- The response is "Oh, he is just being silly."
- Only following impulses can be scary.
- The sad clown puts on something. He doesn't play.

How to play:

- Were you ever asked to be more silly or play more?
- Find ways to enjoy emotions.
- Clowning does not have to be funny.
- Imagine everything is alive. Talk to all of them.

On stage and supporting others:

- To be 'professionally' silly, take baby steps and congratulate yourself.
- To help others, rather than trying to change them, ask "what does this mood want to do?"
- If someone wants rules, give them more rules or silly rules.

Resources

- ❖ **Website:** <http://frankwurzinger.com>
- ❖ **Social Media:** Twitter: [@frank wurzinger](https://twitter.com/frankwurzinger)



Frank Wurtzinger





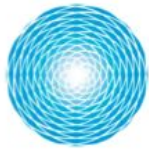
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

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