

*Carlos Martínez* Mime actor

## **Touch the Silence**

### **An Intensive Mime Workshop**



Release the language of mime that is trapped inside of you! Gestures give emphasis to words. But silence is often even more effective. Explore the intimate world of silence that crosses boundaries and brings understanding without a word.

#### **The Professor**

With his imaginative silence and universal language, Carlos Martínez has travelled for more than 30 years creating a world of gesture that combines his Mediterranean temperament with the humanity of his characters. His feature-length solo mime programs include prize-winning shows such as *Hand Made* and *Books without Words* and concept shows such as *Mirage* and *Human Rights*. He has published four DVDs and recently, for the first time, he has taken audiences backstage in his book, *From the Dressing Room*.

Seminars and workshops are an important pillar in the work of the actor; from the pure mime workshops for beginners to the advanced courses for prospective actors, and increasingly, seminars on convincing without words and communication for educators and business people. Carlos Martínez is equally at home with business events or internal workshops for top tier companies as on a theatre stage. The art of mime offers insights into more effective communication, without any language or cultural barrier.

## **Introduction:**

Mime is an international language.

### **1. The Power of Non-verbal Language**

a) Hands

They speak more than words.

b) Feet

They support our body and our personality.

c) Face

Although it seems like it is not moving, our face is constantly communicating.

### **2. The Power of Feelings**

a) The Heart has its own Language

The language of the heart is above all non-verbal.

b) Happy, Sad, Afraid ...

Feelings are international.

c) How to Transmit Feelings

Mime equips us to express feelings and also to read the feelings of others.

### **3. Technique gives Fluency to Body Language**

a) The ABC of the Language of Silence

There is no need for real objects. The mime can show them using technical control and precision.

b) The Grammar of Mime

It helps us to build the silent sentences of our communication.

c) The Tools for Better Communication

The result is better communication –more creative, more understandable, more dynamic– and more questions that open up space for discussion.