

The logo for IAK (Institut für Angewandte Kreativität) features the letters 'IAK' in a bold, black, serif font. To the right of the letters is a vertical bar with a rainbow gradient, transitioning from blue at the top to red at the bottom.

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# The MAX:

**Stretching the Limits of Your Self-Expression**

*Paula Shaw*

Germany, May 10<sup>th</sup> -15<sup>th</sup> 2009, Grube Louise

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The MAX is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, communication, and observation methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

The MAX is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours are longer than usual early in the week (and shorter later in the week). Participants work individually in front of the room, playing to and with other group members. There are exercises that use raw emotion, role-playing, and "dress-up" assignments.

This is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk. The premise: You're either daring or dead. This course is not for the faint of heart, but it is full of heart, humor, and irreverence, constructed with the understanding that this kind of risk taking requires a very safe workspace. If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do.

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Requirement: Bring a 1-3 minute memorized piece—monologue, poem, song, etc

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## Paula Shaw



Paula Shaw, a professional actress and acting teacher for over 25 years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada and now the first Time in Germany.

She was a protégé of the legendary actress, teacher, writer and director Uta Hagen and is a lifetime member and current moderator of the Actors` Studio in Los Angeles, California.

She has taught at CAL ARTS and the Lee Strasberg Theatre Institute of Los Angeles and is a workshop and work scholar leader at the Esalen Institute in Big Sur, California. She currently acts, writes and teaches in Vancouver and Los Angeles.

[www.themaxwithpaulashaw.com](http://www.themaxwithpaulashaw.com)

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## Week of....

May 10<sup>th</sup> – 14<sup>th</sup>/15<sup>th</sup>, 2009

## Location

Forum Grube Louise, Westerwald, Bergstraße 1 – 7, 56593 Grube Louise,  
[www.grubelouise.de](http://www.grubelouise.de)



## Workshop Fee

1.150,- Euro

Accommodation	Single:	till 14 <sup>th</sup> 390,- Euro, additional night 65,- Euro
	Double:	till 14 <sup>th</sup> 350,- Euro, additional night 60,- Euro
	Sleeping Bag Space:	till 14 <sup>th</sup> 268,- Euro, additional night 42,- Euro

Additional 19% v.a.t.

## Schedule

Start: May 10<sup>th</sup>, 7:30 p.m. with dinner

End: May 14<sup>th</sup> (around 6p.m.) / optional farewell – party Thursday night

## Seminar language

English

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To try to describe it would be to not do it justice. The process takes you towards who you were really meant to be. It stays with you through every moment of your day. Take the risk. You are worth it“

**Mike Dennett M.C.R Property Management Ltd. London, England**

„It took Public Speaking out of first place, as my worst fear, and put Death back where it belongs!!“

(Miles Sumter - Actor)



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Please send your reservation to:

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### **General Business Terms:**

The following business terms and conditions are valid for all services of the IAK if not agreed upon otherwise in writing. The business terms and conditions become valid with accepting an offer either vocal or in written form.

The prices of all services do not include costs for legal sales tax.

For a cancellation within 30 days in advance: 50 %, for 20 days in advance: 75 % and for a cancellation for 10 or less days in advance: 100% of the costs, if it is not possible to send somebody else.

The contracts are subject of German Right. Jurisdiction is Cologne.

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