

For Immediate Release

Avid Learning presents a third iteration of the hugely popular **Writing Through Movement Workshop** series with the creators of three-time META 2017 award winning show, Elephant in the Room.

Writing Through Movement: Moved to Write will feature Movement Director, Filmmaker, Actor and Teacher Yuki Ellias, and Copywriter, Screenwriter and Playwright, Sneh Sapru. They will be joined by Contemporary Dancer, Choreographer and Actor, Tapas Boro.

The Mahindra Excellence in Theatre Awards (META) now in its 12th year has created a benchmark for applauding the finest in theatre. It was instituted by the Mahindra Group with the objective of becoming a significant platform for celebrating this art. Sneh is the writer of Elephant in the Room, her first play, and was nominated for best Original Script at META. The play, conceived in collaboration with Yuki, is a unique storytelling act, in which Yuki plays seven whimsical characters with effortless ease. The play has been received superbly well with audiences and has won Yuki a META 2017 for Best Female Actor in a Lead Role as well as Best Light Design.

Yuki and Sneh collaborate again to share their expertise with our AVID work-shoppers!

The description of the workshop is as below:

As in the past, this will be a paid day-long workshop which guides audiences on how to use movement and the body to connect with their inner untapped sources of creativity. Come explore the way muscle, nerves, and breath connect with writers' impulses, sounds, and words.

Whether it's learning how to attune your body and mind through movement and enhancing depth in your writing by working on a more physical plane, this workshop is sure to give you a multisensory experience of time and space and help you plumb hidden creative complexities.

The exercises and techniques taught include those developed by Italian Director Firenza Guidi Vera and practiced with actors and dancers, as well as writers.

Yuki brings years of experience with movement techniques. She teams up with Sneh to help participants build storytelling skills and character development through improvisation, rhythm and vocabulary modulation. Tapas will bring his expertise in contemporary dance movement to tie these influences together and assist participants in creating short performance pieces at the end of the session.

Join us for a day of free association movement and musings as our experts help you choreograph your thoughts and hone your writing skills all while you loosen your inhibitions!

Where: Essar House - Podium 11 KK Marg, Mahalaxmi Mumbai 400034

When: Saturday, 25th March, 2017; 10.00 AM – 10.30 AM – Registrations and Breakfast | 11.00 AM to 1.00 PM – Session I | 1.00 PM to 2.00 PM – Lunch | 2.00 PM to 4.00 PM – Session II

Fee: Rs. 1000 (all inclusive)

RSVP Email / Call: avidlearning@essar.com / +919769937710; prior registration required

Press Email / Call: Ayesha Dadachanji on ayesha.avid@gmail.com / +91 9820155297

Bios of the Panelists:

Yuki Ellias is an actor, director, movement choreographer from Mumbai. Her 2017 shows include Elephant in the Room which won 3 META 2017 awards for best Actor female, Lighting Design and Costumes; and a children's dance-theatre show about growing up called "Keep Calm & Dance". From the Jacques Lecoq School in Paris she is also a trained pedagogue from the London International School for Performing Arts. Yuki is a convenor and pedagogical advisor at the Drama School Mumbai. She has performed at the RSC, The Sydney Theatre Co, The Roundhouse London, Teatro Roman Verona with the internationally acclaimed A Midsummer Night's Dream directed by Tim Supple.

Sneh Sapru is a multi-disciplinary writer who began her journey as a copywriter and has branched out into story, screenplay and play writing. In the past seven years, she has worked on various brand films and campaigns for companies like Unilever, Reliance, Kalpataru, Mahindra Finance, Aditya Birla Group among others. She is currently working on projects for web shows, films and has just written her first play - Elephant in the Room which won three awards and was nominated for best original script at the META Awards 2017.

Tapas Boro has completed his Training Diploma from The Terence Lewis Dance Academy and also trained at Danceworx in various dance styles like contemporary, jazz, hip-hop and aerial silk under Rajesh Rao. He has been a part of the Broadway Musical 'Beauty and the Beast, and Jugnee Indo-Contemporary Festival. He is currently a choreographer and performer in the dance-theatre show "Keep Calm & Dance".

About Avid Learning:

Avid Learning, a public programming platform and cultural arm of the Essar Group, has conducted over 600 programs and connected with more than 55,000 individuals since its inception in 2009. Driven by the belief that Learning Never Stops, AVID's multiple formats like Workshops, Panel Discussions, Gallery Walkthroughs, and Festival Platforms create a dynamic and interactive atmosphere that stimulates intellectual and creative growth across the fields of Culture & Heritage, Literature, Art and Innovation.

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