

INFUSION

PHYSICAL THEATRE



Soothe Workshops...

Infusion's experienced team of dance teachers take the psychological model of the Three Systems and makes it easily accessible through fun and engaging dance and movement workshops. Students explore the Threat, Drive and Soothe systems of the body, designing their own dance choreography to the same creative prompts the professional company used to create the show. This personalized approach enables students to internalize the movement and the concepts, creating their own version of the show, gaining a deeper understanding of how Adrenaline, Dopamine, and Oxytocin affect our lives and how to better balance them.

This is great for educational ties-ins to

- Dance
- Chemistry
- Psychology
- Mental Health awareness
- Emotional regulation

Workshops can be tailored Youth and Children, Special Needs, Adults.

What to expect in a Soothe Workshop:

- Students enter the space, meet the workshop facilitators, warm up (approx. 30min)
- Two 1-hour segments of activity then followed by a 10-15 minute break.
- Time at the end for reflection, questions, and cooling down to finish.

Depending on the group we recommend anything from a Single Session to 3-5 Sessions as outlined below.

Single Session, 3-hours—Exploration of Concepts

Introduction

Threat—fright, flight, fear

Drive—work, reward

Soothe—connect, nurture, calm

Three Sessions, 3-hours ea.—Create a Short Sharing

Session 1. Introduction:

Threat—fright, flight, fear

Drive—acquire, achieve

Soothe—connect, nurture, calm

Session 2. Molecules

Connection and linking

Predator, safe place

Session 3. Construction and completion.

Expand and contract

Choreography

Discussion reflection

Sharing

Five Sessions, 3-hours ea.—Curtain Raiser Community Engagement Project

Session 1. Introduction:

Threat—fright, flight, fear

Drive—acquire, achieve

Soothe—connect, nurture, calm

Session 2. Molecules, and adrenaline

Connection and linking

Expand and contract

Session 3. Color phrases, animal studies

Words and phrases into movement

Animal in movement/concept/character

Group hunter project

**Session 4. Safe Place, Rest. Trust. Breath.
Review strongest exercise specialty**

Safe place, teach and assemble

Specialty

Session 5. Construction and completion.

Choreography

Discussion reflection

Sharing



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