



YOGA FOR ACTORS

SHORT CASE STUDY

BY MATEJ RUMANOVSKÝ

As part of the stage movement preparation for the theatrical production of Midsummer Night's Dream, Matej prepared for the actors specialized yoga exercises based on techniques of hatha yoga, pranayama and meditation.



As part of dynamic meditation and physical exercises, Matej with students looked for the inner and outer pace of the characters, their development within the plot, rhythm, mood or energy.



Matej also added to the training breathing and vocal exercises, as well as working with energy.



In the end, Matej with students researched and analyzed specific characters within themselves, body was already at rest, while in the background there were audio recordings and live readings from Midsummer Night's Dream.



...and we also streamed online for students who could not attend the weekend training in person. :)

After the exercise, Matej with students talked briefly about "Yoga and Actor Training".





ALL THE WORLD'S A STAGE, AND ALL THE
MEN AND WOMEN MERELY PLAYERS;
THEY HAVE THEIR EXITS AND THEIR
ENTRANCES; AND ONE MAN IN HIS TIME
PLAYS MANY PARTS.

William Shakespeare



ABOUT CULT CREATIVE

Cult Creative brings together artists in creation, poetics and life views. It is a synthesis of several art forms, which work side by side on the same principles and thanks to them they can complement and enrich each other.

MATEJ RUMANOVSKÝ

WRITER, YOGA INSTRUCTOR
AND MARKETING SPECIALIST

Matej studied journalism at the Faculty of Arts of Comenius University in Bratislava. While studying, he worked in the news media, then in advertising agencies, and all the time he devoted himself to his own writings. However, he did not forget the acquired knowledge from schools and former jobs – today he uses it also for the propagation of projects by Cult Creative. At present, he writes mainly short prose, but he does not omit even longer formats and drama. In addition to his artistic activities, he is also actively involved in yoga.





NAĎA UHEROVÁ

THEATER DIRECTOR,
DRAMATALOGUE AND ACTING COACH

Nada studied at the Academy of Performing Arts in Bratislava, where she defended her doctorate in 2015. Since 2009, she has been a part of the World Theater Training Institute. She shares her knowledge as a coach through theater workshops and creative teambuildings under her project everydayACTOR. In addition, she is the founder of the theater company LUNA storytelling, which focuses on original stories of different cultures. As a director and dramaturgist she has worked with the Bratislava Puppet Theater, the Ludus Theater, the Polish Teatr Tecza.

MAGDALÉNA ČISÁROVÁ

PRODUCTION MANAGER

Magdalena studied theater management at the Academy of Performing Arts in Bratislava. During her studies, she spent five months in Tallinn at the Academy of Music and Theater in the field of culture management. She considers this period to be one of the most beautiful in her life. Not only because of the experience, but also because she met people from all over the world. In the past, she worked in a feminist organization, organizing cultural events for the city and also for an event agency.



WHOLE TEAM



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