



Reconnecting

Taking place in July 2022 at Le Moulin de Canole, a 14th-century watermill near Monpazier, a stunningly well-preserved medieval village, the retreat will be held in nature and indoors, helping us to reconnect with ourselves and others in a shared space. It will be a small scale affair with no more than twelve participants. Expect improvised music, movement and storytelling in good company and incredible surroundings, eating some of the best home-cooked food you have ever had.

Schedule

This timetable is indicative, since all our events are unique and tailored to each group of participants in real time.



X - - - Breathe

Wednesday 13th July

Ride from Bergerac airport possible.

Afternoon Welcome Discover the place, settle in.

Dinner 7 pm Provided.

Voice Workshop 8 to 10 pm Shared exploration.



'An incredible, touching, and fun experience. I cannot recommend this highly enough.' Joshua Brostoff, Clinical Study Director



X - - - Play

Thursday 14th July

Breakfast 9 am Provided.

Open Space 9.30 am Sharing our experience.

Excursion 11 am Medieval village market.

Lunch 1 pm At the market. Not provided

Effortless Workshop 3 pm Inventing games.

Dinner 7.30 pm Provided.

Lighter Workshop 9 pm The evidence of simplicity.



X - - - - Framing

Friday 15th July

Breakfast 9 am Provided.

Open Space 9.30 am Sharing and exploring.

Mary Overlie Viewpoints Workshop 11 am Introduction.

Lunch 1.30 pm Provided.

Viewpoints Workshop 3 pm Exploration.

Dinner 7.30 pm Provided.

Viewpoints Workshop 9 pm Cross-pollination



X - - - Anchoring

Saturday 16th July

Breakfast 9.30 am Provided.

Open Space 10 am Sharing and exploring.

Moving parts 11 am Finding rules as we play along.

Lunch 1.30 pm Provided.

Forms 3 to 6 pm Neutral, silence and monologue.

Dinner 7.30 pm Provided.

Party 9.30 pm



X - - - Formats

Sunday 17th July

Breakfast 9.30 am Provided.

Open Space 10.30 am Sharing and exploring.

Doc Copper 11 am Positiveness, rhythm and silences.

Lunch 1.30 pm Provided.

Drama triangle 3 pm Creating effortless realism.

Dinner 8 pm Provided



X - - -Goodbye

Monday 18 July

Breakfast 9.30 am Provided.

Packed lunch Provided.

Ride to Bergerac Airport possible.

The retreat runs from Wednesday the 13th to Tuesday the 18th of July. All meals provided except for Thursday lunch, lodging in two or three person bedrooms, all classes included. Total = £690. Special Early bird if you book before the 1st of May



with a £150 deposit = £575.

Remy Bertrand will facilitate the retreat in English with help from Marianne Hooper and Zara Lassalette. Your host will be Sophie Bertrand Besse.

X - - - - [Click here to book now](#)

The retreat is open to anyone fully vaccinated against COVID 19. Deposits will be refunded if the retreat has to be cancelled by new lockdown rules or any other act of God or if participants cannot attend due to their medical status. Please note that Paypal's fee (about 2.5%) is non-refundable.



‘A great mix of silliness and discovery, whatever your aims. There are skills here for daily life and on stage’ Niall Hill, VR Producer, BBC.



'A very unique and positive experience. Challenging, fun, interesting and ultimately transformative.' Ben Weatherill, Mental Health Worker



'I thoroughly enjoyed myself and learnt skills which have greatly impacted my life.' Eve Macdonald, Youth Development

Your teacher, Remy Bertrand, is in the small club of improvisation facilitators with more than 10,000 hours of teaching experience. Currently based in London, UK, he has been teaching improvisation internationally since 2006 with imprology, in Drama

Schools, universities, charities and other institutions. He has directed several large scale improvised performances with Zootrophic, a multi-discipline ensemble, co-directed improvised short films with Peter Snowdon and is hosting Love Explosion, an improvised open-stage show currently online.

Remy has trained most recently with John Write (Impro, Clown) Kate Hilder and Sten Rudstrom (Action Theater) Mary Overlie (Six Viewpoints), Lee Simpson (Open Space, Impro), Lucy Hopkins (Clown) and Punch Drunk (Immersive Theater).

He has learned most from his students and teaches improvisation as a transformational process focusing on pleasure, curiosity and courage.

