

# ***Herbal Nômade Workshops***

## ***'Personal Mythologies and The Land'***

***by Thiago Moura and Annet Breure***



November at Ruigoord, Amsterdam  
Sat. 16th 13.30-17.30  
Wed. 20th 18.30-21.30  
and Sat. 23rd 'The Walk'  
during *The Spirit of Amsterdam*, at dusk

**Join us on a creative journey and explore our relationship with plants, mythologies, ourselves and the land**

- \*Discover the role inherited, traditional stories can play in our life and how they determine how we relate to nature.
- \*Together we reflect on personal associations & universal connections related to this theme
- \*Play with expressing yourselves through various exercises from improvisation theatre and movement practices, using your unique talents.
- \*During the immersive 'walk' we create moments to perform in community: including non-humans
- \*Boundaries fade between species, between audience and performer, identities expand, flow



Let's co-create in an inclusive way with every body, including the plants.

Thiago is a nomadic actor, director and teacher from Brazil with over 20 years of experience in improvisation and physical theatre: the art of connection and transformation. In recent years he is working on the theme of imaginary beings. Annet is a Herbal Tales storycollector, storyteller and Nia-teacher. She seeks to create space for enriching encounters between species and cultures.

This workshop is offered for **free**,  
Limited spots, subscribe via Annet Breure:  
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