## **SORANY GUTIERREZ**

## **VISUAL ARTS WORKSHOPS**

Bilingual (English / Spanish) This is a workshop to create Art with found objects and recycle materials. A wonderful way of using imagination, while learning about recycling and reusing. It is an invitation to see potential in the unwanted, to encourage us to rethink our consumption habits and find beauty in the unexpected. The Recycle Art Workshop is more than just an art class, it's a mindset shift towards sustainable creativity. Activities include: Masks, Puppets, Sculptures, Painting

## THEATER/ACTING WORKSHOPS

HERE I AM / AQUI ESTOY is a bilingual workshop adaptable for different ages. This workshop seeks to enable participants to find tools to express and reaffirm their presence in space (Understanding space as the planet, country, city, home, or our own body). Through theatrical games, this workshop seeks reaffirmation and recognition of individual value, and the significant contribution that each individual can make to their environment.

Activities include: The body as a narrative tool, Intention and connection, Structure and characteristics of the space, physical/poetic, My voice: Breathing and communication tools, Individual and collective creation through theatrical games.

Participants aged 2 and older