

The Actor's Dojo

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PHYSICAL THEATRE



The Actor's Dojo

is the Zen Zen Zo TRAINING CENTRE's
Weekly Class Program.

Founded in 1996, the Actor's Dojo offers
comprehensive and holistic actor training
designed to nourish the body, voice, heart,
mind and spirit. www.zenzenzo.com

PHOTOGRAPHY: Simon Woods.

The Actor's Dojo



Actor (noun): A person who performs for an audience in theatre, film or television.

Dojo (noun): A (sacred) space where the physical arts are practiced, and mastery is attained. From the Japanese "Do" meaning "the Way" & "Jo" meaning "Place of Practice".

Zen Zen Zo's popular **ACTOR'S DOJO** has been running since 1996 and has been the training ground for many of Brisbane's best actors. The training draws on Zen Zen Zo's four specialty areas, developed over 25 years of studying with the founders of these forms and teaching them all over the world – **The Suzuki Method of Actor Training, Viewpoints, Butoh & Composition.**

The gifts of the **ACTOR'S DOJO** training for the **actor or performer** are **stage presence, embodiment, deep focus, ensemble awareness, a rich imagination** and a **strong body-voice.**

The **ACTOR'S DOJO** is also home to **directors, dancers, teachers, musicians, performance poets & uni/school students.** It is an inclusive & supportive space that welcomes anyone who wants to challenge themselves, develop their creativity, & engage in professional & personal transformation & growth.



2025 DATES Term 1: 10 February – 31 March

Term 2: 28 April – 23 June

Term 3: 14 July – 1 September

Term 4: 29 September – 17 November

TIMES Mondays 6 – 7.30 pm (Open Class)

Mondays 7.30 – 9 pm (Advanced Actor's Dojo Ensemble)

VENUE Judith Wright Centre, Fortitude Valley

COST Per 8-week term: Conc. \$200 / Adult \$230

Annual Early Bird Fee: Conc. \$650 / Adult \$750
(includes STAGES Program membership)

BOOKINGS 0413 047 073

info@zenzenzo.com or www.zenzenzo.com

Early booking is advised as the classes fill quickly.

In the past few years 12 graduates of The Actor's Dojo gained entry into major acting schools in Australia & abroad including NIDA, WAAPA, VCA, AADA (New York) & L'École Lecoq & Gaulier (France).



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