

## Introduction to robot folie:

We will have musicians and actors. Musicians will be making sounds and actors will have speaking roles. We will be participating in this exercise twice so we can have participants experience it from multiple perspectives. This is an opportunity to be loud and a little crazy before we go into a quieter section of the retreat. Be loud, make noise, have fun. This is an opportunity to have fun with sound and get some of the stress out. If you're a musician go crazy with the sound you make, if you're an actor have some fun with your character. Play with the voice, you're not just reading a textbook, you're playing a character. What is the hero's journey: The hero's journey is a circle. The idea is that our main character is a normal person that ends up going on an adventure. They can want to go or they may not want to. Either way they end up going on this adventure and overcoming their adversaries. Once they have completed their journey they return home back to where it all started.

To conduct a group properly the conductor would need to be in front of the group with others having an easy line of sight of them. Practice with specific actions would also be necessary to lead the group through different sounds; the main focus of the group on the conductor would be the musicians (sound makers). The separation works better with a large group where speaking rolls and sound rolls can be separated, but it can work just fine with a smaller group. A practice section works much better for the group in general, but the conductor should get used to being the main focus of the group. The conductor should encourage freedom to make random noises where the participants think would be fun, not specifically appropriate, specifically fun. The idea is for the participants to destress and make funny noises. Having fun and relaxing is the main purpose of the folie, So encouragement of freedom is a must.