

# Dramaturgy in 3 Acts (Warm-up Improvisation)

**Objective:** To let the body build a story without explaining anything.

## ACT 1 – Appearance (5–7 min)

- Start almost still.
- Choose one small action and repeat it (e.g., looking, trembling, adjusting clothes, touching the chest).
- **Rule:** only 1 gesture + 1 minimal displacement.

## ACT 2 – Conflict / Expansion (10–12 min)

- Let the gesture grow and become contaminated: change **speed, size, direction**.
- Introduce an “invisible obstacle”: the space is **heavy, pushing, burning, slippery**.
- **Rule:** every time you repeat, change **one thing** (level, rhythm, or focus).

## ACT 3 – Decision / Closure (5–7 min)

- Make a radical physical decision: **stop, run away, collapse, hold/sustain**.
- **Rule:** a clear ending (**freeze / exit / silence / gaze**).

👉 **Final question (1 min):** What was your “event” that changed everything?