



Monika Pagneux

Inside Outside

2012

Monika Pagneux's inspirational way of working allows actors to find a unity between their inner psyche and its outer expression. Truth becomes the source of creativity; actions are a result of being, not thinking. Monika's questioning of her self; 'Who am I?' and her answers, transforms her into a mentor for our troubled times. The 46-minute film is a precise description of her work. In the film, Monika explains the entire process in detail along with her thoughts and feelings about movement, performance and theatre. The actors/directors Annabel Arden, Katherine Hunter and Marcello Magni speak about how their work with Monika has influenced their own careers. Actor/director Olivia Yan, Feldenkrais teacher Fiona Battersby and actor Xela Marx also offer contributions. The film is relevant to actors, dancers, musicians, yoga, Feldenkrais, Pilates and other sports and movement systems and to people working with children.

Archived Resource - 1 x MP4 video file