

# ARTIST.lab Voice and Vulnerability

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**Teacher: Kris Alvarez**

**Sunday, March 24, 11:00 AM–12:30 PM**

**Globe Theatre Meet on the 4<sup>th</sup> Floor**

**Pay-What-You-Can**

## ABOUT CLASS

Let's take some time to peer down the tunnel of our voices and call out "Helloooo? What else is down here?" Let's use the space inside our bodies differently to bring outside our bodies some unfamiliar tones & textures. Let's give ourselves permission to do this freely. What does this mean? Within the limits we bring to this experience, I'm curious to lead some exploration into one's capacity with voice/for vulnerability. I fully admit I am no expert on any of this. I will lead this in a humble, inclusive and safe manner bordering on the weird/surprising/challenging/grounded terrains of playful inquiry.

## ABOUT KRIS

Kris Alvarez is a theatre artist and a Regina monologue. She enjoys a good laugh and a great story. Kris has had the privilege of facilitating creation & play with all ages: in the past at Globe Theatre School as a lead teacher and Young Company director, currently at her 'home away from home', Fadadance, Kris joyfully offers a theatre & movement course for the very young, Wee Folk. In Fall 2018, Kris eagerly stepped into a new role as an artist-in-residence with a Common Weal Community Arts program, Respond to Racism.

Kris is passionate about her current contributions to Curtain Razors! Besides having been a part of the *Bad Blood* cast, she is actively involved as an Artistic Associate with the Board of Directors. After a successful May run of her show, Kris continues to build on the (somewhat) autobiographical *What Kind of Brown Are You?*—A project inspired by her experiences 'growing up brown' in 1980s Regina. She is over-the-moon excited to have the company's support for the project's next instalment, *Burnt Sienna with Kris Alvarez*—a talk show/variety show "with a little more colour" presented as part of Curtain Razors' Moveable Feast 18-19 series at the Artesian.

## LEARN MORE

Contact Andrew Ritchie at [andrewr@globetheatrelive.com](mailto:andrewr@globetheatrelive.com) or 306.924.2813.

[www.globetheatrelive.com/globe-theatre-school/1819-programming/artist-lab](http://www.globetheatrelive.com/globe-theatre-school/1819-programming/artist-lab)