

Improvise This!

Hila Rubinstein @ INKA-Theatre, January

Hila is a professional Israeli actress who lives in Berlin. Since graduating “Sofi Moscowiz School of Performing Arts” in Tel Aviv in 2009, she took part in different theater and Improv projects in Israel and Berlin, such as “Jerusalem Improv Championship” (2010) and “Comedy Sports Berlin” (2014-2015).

Aside from Improv, Hila was a theater instructor of teenagers groups, and facilitated a theater group of people with disabilities.



Claudia Lamas Cornejo: Improvise This! – What will participants do or learn in this course?

Hila Rubenstein: The upcoming course in January is a beginners course, for people who have heard about Improv and feel that they would like to try it themselves. In this 8 session course I will try to give the participants a taste of different tools, which will help us train this muscle called »Improv«.

The work is organized into 3 circles:
 * Myself and I: how to listen to myself and to trust myself.
 * My partner and I: how to listen and react to my partner.
 * My group and I: how to listen to what the scene needs.

If the group is interested, there is also be the option of a small presentation at the end of the course, which I highly recommend. That’s a 4th circle – the audience and I.

CLC: What is in your opinion the difficult or challenging part of improvising on stage?

HR: It might sound strange, but the most difficult part in improvising is to do less, to unlearn, to stop »trying hard« or being interesting. The more we peel back the layers of self-criticism, the more we learn to just listen, really listen and to be in

the moment, the better improvisers we become. It sounds simple, but that is what most improv training is all about.

CLC: How did you find your way into improvised theatre anyway?

HR: When I studied acting back in Tel Aviv, one of the first-year classes was Improv, and I fell in love immediately. My teacher, Amitai Milo, was so inspiring and he was performing with an improv group back then, so I just started following them and went to their shows. I still remember how I said to myself: this is a skill I would like to develop.

CLC: Who can attend your course?

HR: Everybody who wants to explore themselves in new territory, challenge themselves, who are ready to face themselves in different ways, and laugh about it too. Because the lighter you are, the easier it gets, the more fun it gets. No experience required, just curiosity.

CLC: What is the most important thing for you in doing improv theatre?

HR: I just love the excitement of giving yourself up to this »free falling«. You have to jump and to know nothing bad can happen to you, and

that even mistakes are a blessing. I think that’s why partnership is really important. To have people you can trust to bring the best out of you, as you would do to them. It’s a team sport, you rely on your partners, and they rely on you. But the really good improvisers can work with almost everybody. But when you realize that this is not about you trying to shine or being the star – so the other people are there to help you – but rather that it’s a teamwork, which you have to accept fully, for better or worse, you can improvise with everybody. It’s quite liberating, when you think about it that way.

CLC: Thank you very much for talking with us! Have a great course!

Improvise This!
January 18th – March 8th
Wednesday, 6 – 8 pm

Atelier für physisches Theater
Urbanstraße 116
Fee sliding scale:
110€ (students) – 140€
max. participants: 14

Registration:
inka@inka-theatre.com

Questions about the course:
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