

## Improvisation as a life principle

### Motivational workshop for relationships and creative work

**Mentor: Jaka Berger**



#### **1. About Jaka Berger**

Jaka Berger is one of the most active, creative and versatile drummers, composers and improvisers on slovenian music scene in the last fifteen years. In 2006 he released his debut album with Samo Šalamon and Achille Succi for italian label Splasch records. Since 2014 till today he is regularly publishing music for prepared drums that he is constructing by himself. His albums are regularly reviewed by international media on improvisation and electroacoustic music. He is part of experimental sound instalation project Partija/The game with visual artist Matej Stupica, member of bands Ludovik Material and Darla Smoking. Performed in independent theatre shows Gremo Vsi!, Novo mesto Readymade and Nein. Toured with EBM legends Borghesia. In 2015 he released an album of graphic composition Treatise by Cornelius Cardew. In 2016 he performed his most complex piece Audiable life stream tentet for ten musicians. In 2017 finished a japan tour and released second album with international VOB trio. Currently he is performing free jazz with Mezei Šalamon Berger trio, Džuklje Berger duo and Šalamon Džukljev Berger – Fresh Dust trio (FMR records UK), Bootleg Unit (FMR records UK), released electro acoustic album dedicated to composer Morton Feldman with pianist Dejan Berden and integrating modular synth into his prepared drumset.

In last years he was a mentor on drumming and musical improvisation workshops and is regularly teaching drums as private lessons. He is constantly upgrading his knowledge and experience in drums, music, composing and improvisation with many different musicians and improvisers from all around the globe and is developing the concept of workshops as a wide collective creative space based on improvisation and communication. With his ideas and

approach he incorporates music into our everyday lives and through it teaches and encourages relationships based on listening, responding, coexisting and cooperating.

## **2. About workshop:**

The workshop "Improvisation as a life principle" deals primarily with the approach to living, working and communicating. Life requires many virtues from us so that we can break through the challenges it serves us on a daily basis. In today's age of information technology, people are rapidly getting lost in a crowded environment, finding it increasingly difficult to calm down and thus losing their own center and focus. Over time, we become clumsy and rigid thoughts, which can lead us to choke and shut ourselves in and forget about spontaneity, curiosity, playfulness and motivation.

A practice that regularly encourages precisely these characteristics and calls for new energy is the principle of improvisation. Improvisation teaches us to observe, listen, build new languages and ways of communicating, and relate and respond. Improvisation is a big part of art practice everything from music through dance and theater to visual and multimedia directions of art. As such, it always challenges us and encourages us to be creative and make sense of new ways and means, thus enabling the development of an idea. In many cases, these are ultimately very life principles and ideas, so it is generally a pity that improvisation and the principles of improvisation are not included in social processes more often.

In the workshop itself, we will learn about the principles of improvisation in music, theater, movement, words, relationships, etc ... and transfer them and place them in our daily lives and especially in the workplace and school, where we spend a good part of our everyday life, which requires from us many virtues and communication skills. At the meeting, we will deal with practical exercises that will trigger the topic and thus provoke responses and conversation on a particular topic. There will be a lot of communication with the participants about their day and the events that happen to them in the workplace or school, from which we will then start and try to reinterpret and analyze them through other media. Any prior knowledge in the field of music, theater, dance, etc ... is not required.

## **3. Props and Instrumentation**

Exercise props are selected on site and are selected in correlation with the workplace or school activity. Additional props provided by the mentor are a radio, percussion, string instrument, ...

## **4. Exercises: cca 30min.**

- Breathing and thought perception 3min.
- Listening to silence for 1 minute.
- Listening to silence and placing a short sound for 1 minute.
- Expression with movement / suggestion 6min.
- Creating your own language and reacting 3min.
- Search for a radio station and detect musicality 1min.
- Improvisation with percussion or string instrument 2min.
- Improvisation with radio 1min.
- Improvisation in a group conversation 3min.
- Perception in a group conversation 3min.
- Understanding and reaction to a given suggestion 3min.