

The Larval mask is a type of theatre mask used to create a sense of wonder and exploration. It is designed to be open and inviting, inspiring imagination, silliness, and animalistic energy. It encourages performers to focus on body positioning, breath, movement, and rhythm to develop spatial awareness and emotional connection. In Freya's Larval Mask workshops, we play with the forming of the character in space, their state and body articulation. From Solo to Duo play into Trios, the relationship between the masks and the mask players, listening, and the felt awareness is all-consuming. The Larval mask is sometimes used in the theatre education of actors to develop their spatial awareness, listening, partner or ensemble play, body articulation, character work and energetic state.

Freya Stang website: www.freyastang.com