



**Kevin Albert** has toured Europe in *West Side Story* and *My Fair Lady*, played Bernardo in the national tour of *West Side Story* with choreography by Jerome Robbins, and performed Off-Broadway in *The Crucible*, *Biography*, and *The Time of the Cuckoo*. He studied acting with Fred Kareman, graduated from The Boston Conservatory, where he studied Theater with a minor in Dance, and taught at the Jeannette Neil Dance Studio and Leon Collins Tap Studio.

**WHO WE ARE**

Mare Nostrum Elements founders – Italian performer Nicola Iervasi and American actor/director Kevin Albert – have held *The Wave Within!* workshops in the United States and Italy since 2002, based upon their belief that providing a nurturing, non-competitive, exploratory environment enhances a performer's overall creativity.

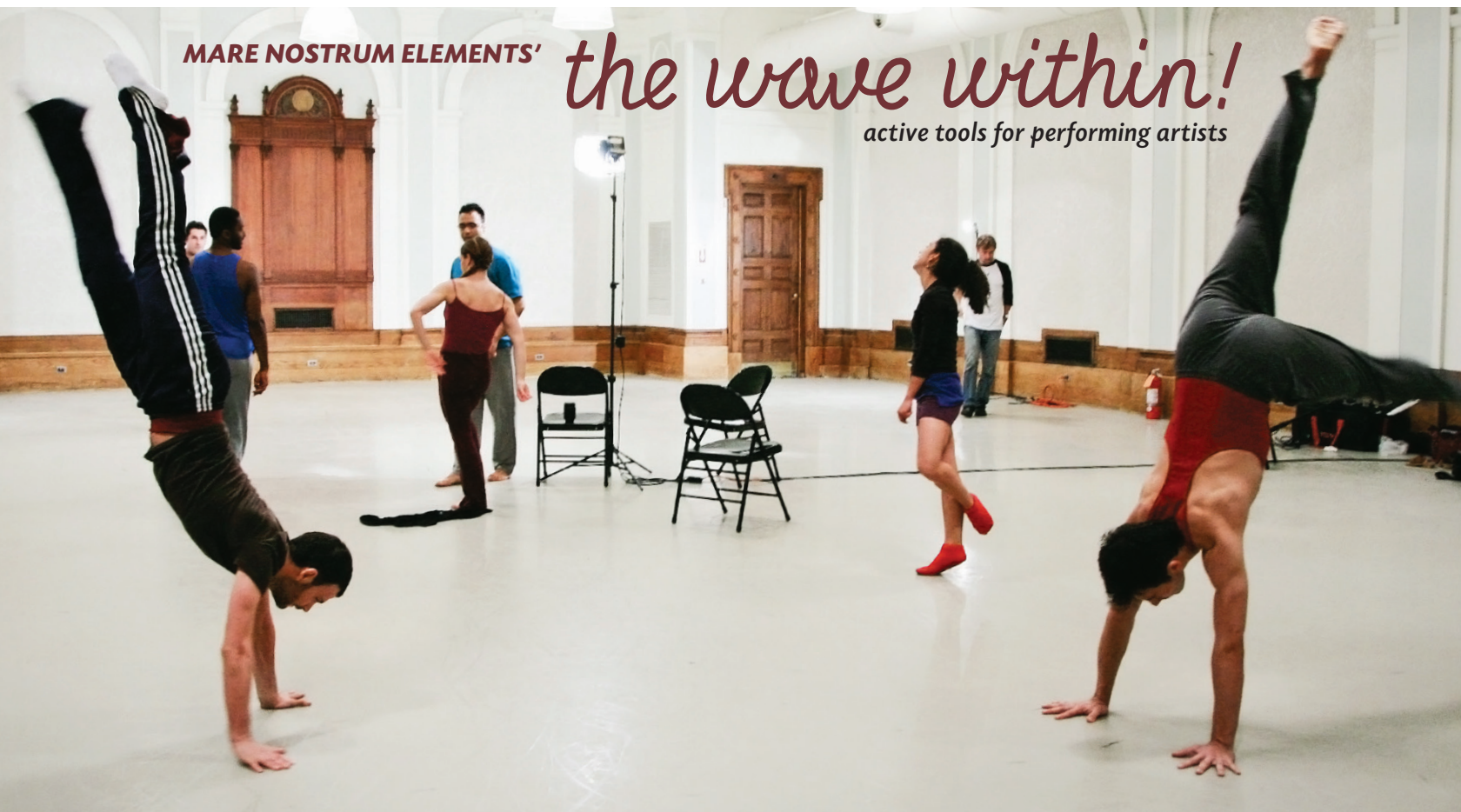
**Nicola Iervasi** has danced with Martha Graham Dance Ensemble, Pearl Lang, Igal Perry, and Max Luna III and has appeared in Dance/Theater works by Daniela Boensch, Brenda Baden-Semper and Deborah Zall. Currently, he is a member of *Sokolow Now!*, the Anna Sokolow Contemporary Dance Company directed by Lorry May. Choreographic credits include *Dancing at Lughnasa* and *The Time of the Cuckoo*, and collaborations with the Music Department of NYU, Italian percussionist/singer Alessandra Belloni, and the Roccella Jazz Festival (Italy).



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 TO FIND OUT MORE

*the wave within!*  
 active tools for performing artists

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 Woodside, NY 11377



**MARE NOSTRUM ELEMENTS'**

*the wave within!*

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# the wave within!

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## WHAT IS IT?

*The Wave Within!* is a 4-step, performance-oriented workshop to help you find new inspiration as you strengthen your stage presence. Our process, created by Mare Nostrum Elements over 10 years ago, utilizes a mix of Meisner and Grotowsky's acting techniques, contact improvisation, Anna Sokolow Dance Theater methods, and body conditioning techniques. We focus on the impact that each explored concept has upon you so that you build confidence and connect effectively with your audience.

We can customize workshops to fit your specific needs, goals and schedules and facilitate informal showings and performances that show the results.

### ALL IN ONE APPROACH

- » body conditioning
- » choreography
- » composition
- » acting
- » performance

## WHO IS IT FOR?

*The Wave Within!* is successful with all types of performers, including professional dancers, choreographers, young actors and directors, musicians, singers, and stand-up comedians. Many use the movements and techniques discovered in our workshops in their choreography as well as performing, teaching, and directing careers. Our method has been a major asset in helping dancers to translate and express a choreographer's intention.

## THE BENEFITS

- » enhance performance skills and quality
- » nurture the body/mind/emotion connection
- » discover sound and voice as physical expression
- » sharpen choreographic/directing skills
- » overcome artistic inhibitions

## THE 4 STEPS

1. Preparation – customized warm up based on your needs
2. Exploration – finding a personal movement
3. Reviewing – bringing layers of meaning to your expression
4. Performance – enhancing the life of your personal, physical creation



photos by Gisella Sorrentino

I DISCOVERED new paths for my art in the search of my true "voice".

Manuela Cricelli, singer

THE ABILITY to use real, natural impulses in performance is just as valuable as learned technique.

Whitney V. Hunter, performance and exhibition artist

GENTLE, charismatic, energy without judgment.

Sarah Kellett, actress

I APPRECIATED Kevin and Nicola's kindness in leading the workshop, creating a safe and non-judgmental environment. I felt free to experiment and not worry about what's right or wrong. This freedom gave me confidence to explore my emotions more deeply.

Delia Ahouandjinou, dancer

I WAS VERY SURPRISED by the quality of the work and the amount of information that Nicola and Kevin convey and teach in so little time.

Michele Mariotti, dancer

GO FOR IT, DO IT, and just be free and open to a great experience. Enjoy it, because you are going to learn a lot about yourself.

Denise La Pointe, dancer/teacher

I STARTED TO LISTEN to myself, the person/dancer within.

Nina Atkinson-Evans, dancer/choreographer

AS AN ACTRESS and director, I find *The Wave Within!* a great training. Having Nicola and Kevin -- a dancer and an actor -- guide me with their method provides the perfect balance between movement and expression.

Laura Caparrotti, artistic director Kairos Italy Theater

