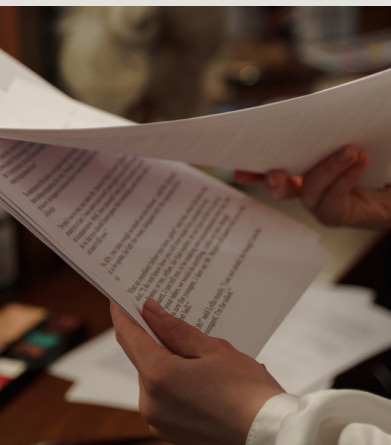




THE ART AND PRACTICE OF ACTING IN THEATRE AND CINEMA

An Acting Laboratory Led by
Cinzia Monreale

ABOUT THE LABORATORY

The Laboratory is designed for actors, singers, teachers, communication and creative professionals, as well as anyone who wishes to experience acting through physical and vocal training, group and individual exercises, text analysis, scene study, and much more.

Entering the Laboratory means becoming part of a space that becomes our territory, our artistic home, where we can seek the harmony needed to explore ourselves and move beyond the conventional, imitative, and conceptual attitudes that limit creativity. It means rediscovering a sense of lightness, wonder, and a kind of innocence in listening to the world, recreating gestures and voices that are somehow new and original. The Laboratory therefore seeks to establish an atmosphere of trust, free from judgment. Only in this way can our small and temporary community embark on a unique journey in which participants explore their own actions, allowing them to take shape within the group and be welcomed with the utmost respect.

NB: THE LABORATORY IS OPEN TO EVERYONE, REGARDLESS OF AGE OR PREVIOUS EXPERIENCE!

WHY JOIN?

Whether motivated by ambition, the desire to overcome insecurity, the need to develop one's talent, or simply by curiosity about life itself—the true source of every creative process—this workshop offers an opportunity for personal and artistic growth.

TRAINING ACTIVITIES

- **Breathing exercises**
- **Relaxation techniques**
- **Body expression and movement**
- **Exercises with music and objects**
- **Voice training**
- **Reading of literary works, theatrical texts, and film scripts**
- **Staging scenes from theatre plays and screenplays**
- **Improvisation**
- **Interviews and self-presentations**
- **Video workshop: *A Face in Close-Up***

LAB – ANNUAL PROGRAMME

- **ONE DAY PER WEEK**
- **MONDAYS 17:00-19:00 FAO GYM B**
- **2 HOURS PER SESSION**
- **MONTHLY FEE: €70**

STARTING

MONDAY 5 OCTOBER 2026

MIN. 8 / MAX. 15 PARTICIPANTS REQUIRED



CINZIA MONREALE - BIO

Actress since 1975 under the stage name
Cinzia Monreale.

Throughout her film career, she has worked with numerous acclaimed directors, including Marco Ferreri (Diario di un vizio), Marco Risi (Nel continente nero), Pupi Avati (Festival), Maurizio Zaccaro (Un uomo per bene), Luca Ronchi (Mario Schifano Tutto), Lucio Fulci (The Beyond / L'Aldilà), Steno (Piedone d'Egitto), Vittorio Sindoni, and Gil Rossellini. For television drama productions, she has collaborated with Giorgio Capitani, Sergio Martino, and Alexis Sweet.

She has appeared in numerous advertising campaigns throughout Europe and the United States, as well as in fashion editorials and modelling assignments in Italy, Spain, Switzerland, Germany, and the United Kingdom.

In 2014, she worked in the United Kingdom with Edward Evers-Swindell on the horror feature film Dark Signal, produced by Neil Marshall.

In 2015, she directed the stage reading #Temalllecito #OrlandoeModesta, a work she also wrote and performed, presented at Teatro Lo Spazio in Rome.

She also worked as an assistant in the studio of the artist Mario Schifano.

As an acting and modelling trainer, she has collaborated with various companies, theatres, editorial organisations, and agencies, including FAO Staff Coop, a cultural association operating within the Food and Agriculture Organization of the United Nations (FAO) in Rome in 2013. Theatre in Schools

Direction and staging of Petia and the Fox at G. Leopardi Primary School in Rome, performed with the students of Class 1D.

**FOR INFO AND
BOOKING**

**E-mail: fao-staff-coop@fao.org
Phone: 0657053142**