

Lucid Body Berlin Weekend Intensive

Dates: March 13-15, 2026

Times: March 13, 7 - 9pm, March 14 -15: 10am - 5pm

Registration Fee: 235€

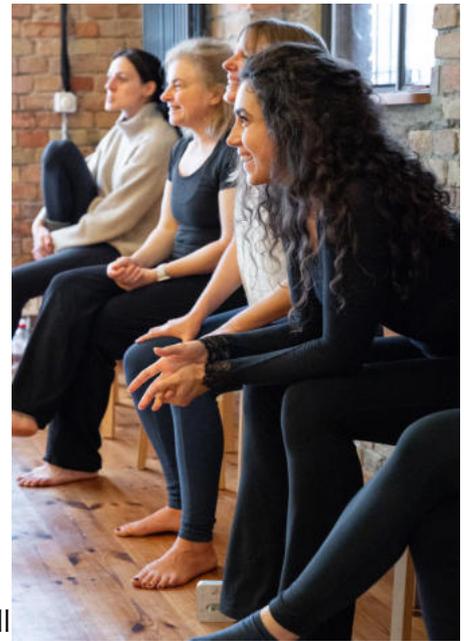
Early Registration (till February 15): 220€

Sponsorship by GVL (30%) is possible

Location: Eden, Breite Strasse 43, 13187 Berlin

Language: English & German

Booking: to reserve a place please transfer the full amount until Feb.28 onto the following account:



Sophie Loeschburg

DE42 5002 4024 6983 8968 01

or via paypal: lucidbodyberlin@gmx.de (Sophie Loeschburg)

or book directly on the website:

<https://www.lucidbodyberlin.com/lucid-body-basics>

For further Informations contact: lucidbodyberlin@gmx.de

Lucid Body Berlin Weekend Intensive

Explore the extremes of human nature with Lucid Body,

an Oscar award winning acting technique, practiced by Hollywood stars like Lupita Nyong'o, instructed by Sophie Loeschburg, certified Lucid Body teacher.

This workshop features the basics of the Lucid Body technique as well as a deep insight into the development of character.

The Lucid Body will offer you practical tools for auditions, rehearsals, performance, and life.

Based on a nonjudgemental approach, we will dive deep into broadening our physical range of expression and following the impulses of the body. The body becomes a great window into understanding the psychological and emotional patterns of our lives.

For actors, this process is liberating- to learn how to shift one's energy to suit the life and circumstances of the characters they are playing.

The paradigms of persona, childneed, shadow and archetype will be explored in our

understanding of the psychophysical complexities of self and as a process for character development based on the work of the psychologist Carl Jung. We will develop deep full-bodied listening and response in acting and go on with an exploration of how to apply this physical approach to creating character.

We work individually, in pairs and groups, through improvisation, movement sequences and character development. We work towards emotional elasticity, physical strength, releasing judgement and quieting the censor.

With this in motion, we create vibrant, dynamic, fluid, daring artists and healthy individual.

Sophie Loeschburg was born and raised in Berlin in 1984. She runs the Lucid Body Berlin acting studio and is currently the only certified Lucid Body teacher in Germany. After ten years of intensive collaboration with Lucid Body founder Fay Simpson, she completed the three-year Lucid Body teacher training at Lucid Body House New York (2022), for which she continues to teach live and online.



Previously, Sophie studied acting and theatre performance at ACTT in Sydney (2004-2005) and acting at the State University of Music and Performing Arts Stuttgart (2005-2009). Since then she has worked as an actress in film and theatre. She has played leading roles in over 50 productions such as Kleist's "Kathchen von Heilbronn" and Lessing's "Minna von Barnhelm" on stages such as the Staatstheater Stuttgart and the Staatstheater Darmstadt. For her role of Helena in "Die Troerinnen", she was nominated for Outstanding Acting Performance by the critics of Deutsche Bühne in 2018. As a lecturer, she has led courses at the German National Academies, the First Steps German Film Awards and taught at drama schools in Berlin, Portugal, Italy and New York.



Credits: Tina Eichner, Joanna Janke, Samuel Ray Gates (in order of appearance)

