



# The Clown, from Heart to Heart

*Ton Kurstjens*

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## **The Clown, from Heart to Heart** Ton Kurstjens

This book is a practical guide for clowning. It is filled with tools and techniques that will help you find your clown and become more open to your creative sources. The author examines and makes use of the powerful qualities that children possess: imagination, innocence, purity, spontaneity and lust for life. A clown is playful and optimistic. From behind world's smallest mask, the red nose, he invites people to drop their own masks and show their true selves. Being very sensitive, he is able to touch them deeply. This so-called contact clown wants to make a connection from heart to heart. Kurstjens is convinced that clowns can play a crucial role in our society: they can bring people together through their open communication. This richly illustrated book comes with 25 practical exercises, and provides useful information about essential themes in life: setting boundaries, overcoming emotional blockades, and daring to be vulnerable. It is not only meant to inspire clowns and clowning instructors, but also coaches, (communication) trainers, and everyone else who is interested in personal development. Ton Kurstjens (born in the Netherlands, 1959) started as an improvising clown in 1983. He played in Duo Het Elftal and Duo Biek and currently he conducts clowning courses for individuals and workshops for businesspeople. He also directs the clowning theatre performance Met de Neus op de Planken (literally: With your Nose on Stage) and he supports clowns and clowning groups.

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