



"This workshop will look at 3 quick routes to developing physicality in performance."
Mark Londesborough, Creative Learning Practitioner

TUESDAY 21st* FEB 7pm FOR 7.30pm MOVEMENT IMPROVEMENT

led by Mark Londesborough

About Mark

Mark is currently Associate Director of Creative Learning and Development at the Royal Society of Arts. Before that he was Director of Learning at Tricycle Theatre and Programme Manager at National Theatre Learning. Mark trained as an actor at East 15, and in devised theatre and drama group work with the Geese Theatre Company. He developed his specialist knowledge in physical theatre and mask work both with Geese and at Trestle Theatre, where he was Head of Education. Mark has directed, produced and provided movement direction on many productions for and with children and amateur companies.

About the Workshop

Finding ways to describe movement with precision and specificity can greatly help the actor to be in command of their performance. This workshop will introduce different techniques developed from the work of Jacques Lecoq and Rudolf Laban that offer easily accessible movement 'vocabularies'. As a physical workshop, we'll be moving throughout, but it's not strenuous. All levels of experience welcome. Please wear considerable clothes and shoes.

**Note the change from our usual 2nd Tuesday of the month*

SECOND TUESDAY EVENT

a chance to learn
techniques from a
physical movement
expert

suitable for all levels of
experience.

ideal for actors in mid -
rehearsal or just for fun

physical but not
strenuous

STC MEMBERS FREE
NON MEMBERS £3

Location:
Studio 2, Vinters,
1b Sunnyhill Road,
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