

## Our 'Second Tuesday' Event\*

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**TUESDAY 21st FEBRUARY 7pm FOR 7.30pm**  
**MOVEMENT IMPROVEMENT WORKSHOP**  
led by Mark Londesborough

**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.

**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.

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

**STC Members FREE. Non-members £3.00**

**Location: Studio 2, Vinters, 1b Sunnyhill Road, Streatham, SW16 2UG**

[www.streathamtheatre.org.uk/events](http://www.streathamtheatre.org.uk/events)

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