

Laban 8 Week Workshop Series

Information Doc

Location: Church Mews, Church Street, Cheltenham
(Behind The Bank House Pub on Clarence Street)

Day: Wednesdays

Time: 5pm - 6:30pm

What is Laban?:

Laban was a choreographer and dancer and developed a technique to categorise human movements into 4 main parts: Weight, Direction, Speed and Flow. Depending on how they are combined creates the 8 efforts. These were used primarily with dancers until the 1980s when actors began to use them to expand their ability to play with movement.

Why Should I Do This Course?:

Have you ever felt a bit stuck with a character? Not sure how they move, or walk or talk? Have you ever felt like you don't know what your strengths are within your movement? Do you find "movement" as a concept a bit tricky?

This course will open you up to how your body can move in big and small ways and how it can subsequently impact your internal atmosphere i.e your emotions. As well as how you connect with the words you are saying. The tension we hold in our body has an enormous effect on our emotions and how they are released, making this technique very helpful.

The ways we engage with emotion as actors can be complicated and sometimes using physicality as a way in we can find a healthy way to engage with big feelings. Or sometimes it's as simple as differentiating between your 5 multi-role parts! There are loads of reasons to have a go at this course. If you are familiar with Laban or hadn't heard of it until you saw it on my website.

What do you need to bring:

- 1) Clothes that you can move comfortably in - doesn't need to be gym-wear. Just not tight jeans or anything too restricting.
- 2) Good energy! We are all being vulnerable in the space and sharing our work so being receptive and generous is a must.
That's it!

Accessibility:

The nature of the course is naturally about movement but as someone who has suffered with really bad back issues I aim to make the course as accessible as possible. Movement isn't exclusively running around on 2 feet! We can explore movement in very subtle ways. If you have any kind of disability or additional physical needs, do get in touch and I can work with you to get the most out of the course.

There is a wheelchair accessible entrance to the building from the car park directly into the Ground Floor space.

I will most likely be using the 1st floor space but I have access to the ground floor if accessibility is a requirement.

There are toilets and a kitchenette on all levels for tea, coffee and water.

What to expect on the day

Arrival:

The door to the front of the building is tricky to keep open, but there is a bell to ring and there will be someone in the entrance to welcome you and direct you where you need to go.

It's always good to get here a bit early so you can get settled, have a chat and ground in the space, so we can move into the class as efficiently as possible.

The Course Itself:

I will always begin the class with a warm up. Vocal and Physical (I am always sure to check in about any physical needs and don't expect anyone to push beyond comfort/need).

We will be exploring the 8 efforts and seeing how they affect us and will be applying them to different scenarios, games and settings.

We will explore where our natural rhythms sit within the efforts and what our inverse would be
- Which rhythms feel harder or easier to release.

We will apply those efforts to pieces of text - familiar and new (no previous knowledge needed!)
If anyone has a monologue they are working on, they are welcome to apply the technique to it.

In the later weeks everyone will be assigned a monologue or be asked to bring one that they would like to tackle and we will develop them, using the Laban efforts as our main approach.

I will open to the group about the opportunity to have a sharing at the end of the course where everyone can invite friends/family along. It won't be formal. Simply a chance to share what you have been working on. But this will only be if the collective group want to. We can decide in the first few weeks of the course as a team.

My priority is enjoyment and growth.

Parking/Travel:

There is very limited free parking at the venue, only 3 spaces. So it's advisable to either request a reservation with me on a first come first served basis or come early enough to find parking nearby.

Most of the street parking is 2 hours free and then free after 6pm so street parking should be fine if you can find a space, but do **check the sign posting**.

There is also **paid parking** at the Royal Well car park and on the Promenade outside the Cheltenham Council buildings by Neptune Fountain.

Buses:

Royal Well Bus Station is a 4 minute walk to Church Street

Bus A - Clarence Street Stop 1 is right next to the Church Street entrance

Bus G - stops on Clarence Parade past the Royal Well Bus Stop

Train:

Cheltenham Spa Train Station is a 30 minute walk or you can get the E/D or G bus from the station.