

# Workshop: Let's Get Physical

Most improvisation is performed on a blank stage, without props or costume. When we engage, physically we bring it to life. This newly activated space provides an abundance of new points of inspiration for the performers. For the audience, a whole world opens up in their imagination.

## Description

In this workshop we will use our physicality to activate the space to make our scenes more visually appealing, more engaging, and emotionally richer.

## What You Will Learn

*Content may vary depending on time available*

### Inspired action

Finding distinct or interesting physical actions can be a struggle. How many times have you “washed dishes” or “chopped a carrot” in a scene? In this workshop, you will learn techniques to help you find a greater variety of actions.

### You can do it!

Trust me, you *don't* have to be the world's greatest mime to pull off convincing physical action on stage. You'll learn a quick and easy method that helps give your object work “substance” as well as other shortcuts to functional object-work.

### Stagecraft / Viewpoints

You will learn some stagecraft basics, including some things you may not have realised! We'll also look at how we can make use of some of the Viewpoints of Space.

### Soundtracks

Music can be a great source of inspiration and also provides a great excuse to “do more, talk less”. We'll look at using music to underscore and support the on-stage action.

## Masks (optional extra)

In a longer workshop we may have time to explore some basic mask work. Masks can be a great way to push you into your body.

## Experience Level

All levels. This workshop can be tailored to suit any level and will be adjusted so that even the most experienced improvisers will learn new techniques.

## Participants

Number of participants: 6 to 16

## Workshop Length

2 hours+

A short version of this workshop will give you some valuable takeaways to help enhance your physical use of the space .

## Workshop Requirements

Can be taught in a multi-purpose space or a theatre.

## Performance

This workshop can be used as preparation for a performance, but will require more than the minimum (2 hours) in order to prepare a cast for a show structure. If you want to include a performance, please be sure to mention this early in discussions.