

*Justice in
Motion*

BOUND

Workshops



Justice in Motion's production of BOUND

WHO ARE THE WORKSHOPS SUITABLE FOR?

The workshops are excellent for Dance or Performing arts/theatre students studying from GCSE to degree level AND non-school groups. The company is happy to talk about specific areas that you may want covered or looked at in detail.

Justice in Motion's work has a deliberate focus on human rights and socially relevant issues, and participants will gain an insight into how the company devises work, with an outlook on social responsibility. Due to the nature of the show the workshop is not suitable for students under 14 years of age.

The workshops will develop clowning approaches, devising, dance and physical theatre skills as well as giving an insight into the workings of one of the country's most exciting, emerging issue based physical theatre companies.

"Fantastic experience. Engaging well-paced and packed with exercises that are transferable." (participant at Changemaker Festival 2016)

"The workshop has been a FANTASTIC experience, most enjoyable, entertaining and enlightening. We were guided so expertly through playfulness and playing with different ways of speaking and moving." (participant in BOUND devising workshop 2013)

"I hadn't been sure what to expect but really enjoyed the variety and flow of the day." (participant in BOUND devising workshop 2013)

Click here for the show trailer: [Click](#)

HALF DAY WORKSHOP

DURATION 3 hours

Led by 2 or 3 company members

STRUCTURE OF WORKSHOP

1 hour class (company warm up)

A warm up class using stretching and dynamic contemporary dance movement, with influence from capoeira, yoga and flying low & passing through. Through a careful building block approach the students will be guided to learn a dance/ physical theatre based sequence. This will give students experience of some of the company's physical vocabulary and will act as a springboard for all other work. Designed to challenge, the workshop will be adapted to suit the experience of the participants.

2 hour creative workshop

BOUND looks at three characters, whose lives have been turned upside down through the actions of others, and their own. Using monologues from the show, participants will draw their own conclusions as to what the characters are like. They will be encouraged to create character signatures in the form of movement, shape and text. Under guidance from the company, they will form these into sequences of both text and movement, working as an ensemble and being responsive, in the moment to the other groups in the room. Playing with form, tension, dynamics and improvisation the group will create a short piece that has potential to be linked to the performance of BOUND (see details below).



FULL DAY WORKSHOP

DURATION 5.5 hours

Led by 2 or 3 company members

STRUCTURE OF WORKSHOP

30 Minute class (company warm up)

A warm up class using stretching and dynamic contemporary dance movement, with influence from capoeira, yoga and flying low & passing through. Through a careful building block approach the students will be guided to learn a dance/ physical theatre based sequence.

A section of movement from BOUND will be taught; this will give students experience of some of the company's physical vocabulary and will act as a springboard for all other work. Designed to challenge, the workshop will be adapted to suit the experience of the participants.

90 Minute Skills based workshop

Looking at dance, Lecoq based clowning skills and physical theatre, influenced by practitioners such as Decroux, Boal and Grotowski, the company will lead students through a series of skill based games and exercises. With constant reference to the company's creative process, participants will gain an insight into the rigour and joy of devising theatre.

BREAK

1 Hour Creating Character (in issue based theatre)

Using newspaper cuttings and excerpt from real accounts, the participants will create a character, starting at the external factors and working their way in to the persons hopes, dreams and ambitions. From there they will map that person's journey. They will use actioning, gesture and text to create a character signature that will then be able to be manipulated for performance.

90 Minute Performance rehearsal

A rehearsal period at the end of the day combining the work from the previous sessions. Each person will bring their character signature into the rehearsal room and will have it manipulated and shaped by company members and peers. The students will get hands on experience of writing, choreographing and editing material. The "performance" material may take form as a living sculpture, and short movement sequences, to be presented at the theatre space before BOUND, and/or as a flashmob experience in a public arena.

30 Minute Q & A wrap up session

Time for the students to ask any questions of the company regarding their working method, the show, their journey to being performers....

COST

Workshops cost based on approx. 30 participants. Please contact us for further details and enquiries.

We are happy to also quote for other workshops than those stated above.

BOOKING A WORKSHOP

To book a workshop please contact Tei Williams at
artsmarketing@btconnect.com
Or call 07957 664 116

MORE INFORMATION

www.justiceinmotion.co.uk/classes-workshops

COMPANY MEMBERS

Anja Meinhardt

Anja is Justice in Motion's artistic director, and has founded the company in 2013, combining her interest in social justice with her passion for the arts. She trained in Germany, Austria and subsequently in England, amongst others with David Glass, Amit Lahav (Gecko) and Hofesh Shechter. Her practice includes physical theatre, contemporary dance and aerial circus.

Anja has been teaching Justice in Motion's contemporary dance classes since 2014 and has facilitated and taught many workshops in physical theatre, devising theatre and dance. She is also joining the David Glass Ensemble as a trainer as part of their learning strand.



Daniel Rejano

Dani is a physical performer with many years' experience working within a wide range of venues, both traditional and non-conventional. He trained at Carampa Circus school in Madrid and Estudis de Teatre Lecoq based physical theatre school in Barcelona. Past performance work has involved physical theatre, street performance and circus. Companies he has collaborate with include Gandini Juggling, Tierra Theatre, Panta Rei, Oily Cart among others.

Dani has been teaching juggling workshops since 2009 and clowning and physical theatre for Tierra Theatre Company.

Emma Webb

Emma trained in Movement Direction and teaching at CSSD. She is a performer, director and choreographer, working in both professional and community based theatre. Most recently Emma has worked with Human Story Theatre, Wild Boor ideas, The Oxford Playhouse, Shadowlight Artists, Bayanni Theatre and Arts at the Old Fire Station.

Emma has over 25 years experience of working as a teacher and workshop leader. She has taught at Central School of Speech and Drama, Oxford University as well as teaching in various school settings.

