

Performing **A**rts **C**enter
MULTIMEDIA

Creativity encourages active participation *

Operation:Front

Performance workshop “Mapping the body”

Led by: Lucy Cash / UK

Assistant: Besfort Idrizi / MKD

19 - 27 July 2006, Bitola, Macedonia

Note* Each session will begin with a warm-up which will draw on various different movement practices including Release technique, Butoh, Body Mind Centering and Pilates. The warm-up is designed to develop strength and flexibility as well as to begin preparing the body for moving and connecting movement in the body with breath. Please wear comfortable clothing.

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WORKING PLAN

Day 1: 19 July 2006 (Wednesday)

15.00-19.00 Arrival of the participants

Accommodation in the student dormitory "Koco Racin", Bitola

19.00- 20.30 Dinner

20.30-

Opening of the Event,
Presentation of the participating organizations, the trainers and assistants.
Overview of the working program. Expectations of the participants.

Day 2: 20 July 2006 (Thursday)

Theme: The Performative Body

08.30- 09.45 Breakfast

10.00- 13.00 Working session 1:

1. Warm up
2. Intro from participants – what they would like to get from the workshop/ their interests / movement experience / how much they know about Bitola. Talk about the making of solo or collaborative work.

13.30- 15.45 Lunch

16.00- 20.00 Working session 2:

1. Intro of approaches to researching real spaces in Bitola – what and how to record research. Recording in a notebook or through the body etc,
 2. Visiting locations / facilitating research
- Evaluation

20.00 - 21.00 Dinner

21.30 - 22.30 Presentation evening or time for free activities

Day 3: 21 July 2006 (Friday)

Theme: The Body in Time and Place

08.30- 09.45 Breakfast

10.00- 13.00 Working session 3:

1. Warm up
2. Improvising solo. With a memory/ with a detail from yesterday's research.
3. Presentation of group walking exercise.
4. Short discussion / digestion of previous day's research. Introduction of ideas for how they might make a solo / collaborative piece based around their research.
5. Consideration of different types of performance structure.

13.30- 15.45 Lunch

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16.00- 20.00 Working session 4:
Presentations of first ideas etc, what form are these ideas taking? Evaluate what is needed in terms of equipment/ support

20.00 - 21.00 Dinner

21.30 – 22.30 **Presentation evening or time for free activities**

Day 4: 22 July 2006 (Saturday)

Theme: Creative response

08.30- 09.45 Breakfast

10.00- 13.00 Working session 5:
1. Warm up
2. Working with time.
3. Taking a detail from the research and adding a fictional element.
4. Moving between performing and writing.

13.30- 15.45 Lunch

16.00- 20.00 Working session 6:
1. Taking the improvisations and performing them in the chosen research space. Noting what happens / how they feel.
2. Bring back the evidence of their research. Feedback to group. Share their experiences so far.

20.00 - 21.00 Dinner

21.30 – 22.30 **Presentation evening of Lucy Cash**

Day 5: 23 July 2006 (Sunday)

08.30- 09.45 Breakfast

10.00- 13.00 Working session 7:
1. One performer improvises for a minute and then another responds.
2. Performance tasks / group improvisation practice.

13.30- 21.00 Visit to Ohrid

Day 6: 24 July 2006 (Monday)

08.30- 09.45 Breakfast

10.00- 13.00 Working session 8:
Warm up
Individual working time and individual time to talk through projects with Lucy - 15 - 30 minute sessions each - half the group before lunch and half the group after lunch.

13.30- 15.45 Lunch

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- 16.00- 20.00** Working session 9:
Individual working time and individual time to talk through projects with Lucy - 15 - 30 minute sessions each - half the group before lunch and half the group after lunch.
- 20.00 - 21.00** Dinner
- 21.30 – 22.30** **Presentation evening or time for free activities**

Day 7: 25 July 2006 (Tuesday)

- 08.30- 09.45** Breakfast
- 10.00- 13.00** Working session 10:
1. Warm up
2. Take one minute from their piece and perform it backwards.
3. Layering up of work against each other.
4. Creative response.
- 13.30- 15.45** Lunch
- 16.00- 20.00** Working session 11:
Final preparation for the presentations
- 20.00 - 21.00** Dinner
- 21.30 – 22.30** **Presentation evening or time for free activities**

Day 8: 26 July 2006 (Wednesday)

- 08.30- 09.45** Breakfast
- 10.00- 13.00** Working session 12:
Final preparation for the presentations
- 13.30- 15.45** Lunch
- 16.00- 20.00** Presentations Group 1
- 20.00 - 21.00** Dinner
- 21.30 – 24.00** Presentations Group 2
Party

Day 9: 27 July 2006 (Thursday)

- 08.00- 09.30** Breakfast
- 09.30- 10.30** Evaluation of the whole program Operation: Front