

PROFESSIONAL DEVELOPMENT PROGRAMME

The Speaking Dancer: Interdisciplinary Performance Training Programme Director: Jacky Lansley

“The Speaking Dancer is both an idea and a practice informed by cultural, social and physiological phenomena. The process can be described as integrated patterning between our senses and emotional lives which allows us to express ourselves in a whole way. It is a characteristic of our culture within the west, to make a distinction between dance, theatre and art. This attitude can represent a denial of the body, or a fierce emphasise on virtuosity which denies expression and artistic form.

The art of performance requires, above all else, a self awareness; to be a performer you have to know yourself; to understand your heritage, your cultural and personal physical and psychological matrix of patterns - it is not enough to layer a precise codified training or language over the self. Most importantly it is vital to understand the balance between daily life and the performative, and to have the ability to focus on the small and everyday; particularly within a craft that is often extraordinary and extreme.”

Jacky Lansley 2008

The Speaking Dancer: Interdisciplinary Performance Training

The programme is structured in four modules over four weekends throughout February – July 2009:

Module 1: The Interdisciplinary Performer

Sat 21st & Sun 22nd February 2009 10am-6pm at the Dance Research Studio

This module will lay down foundation techniques which underpin the whole programme. The module will focus on practical exploration of vocal, kinesthetic and auditory patterning that is the foundation of interdisciplinary performance practice. Participants will be introduced to strategies and techniques which support exploration of physical and emotional patterns when working alone or with others; and will be equipped to become creative negotiators within the hybrid landscape of interdisciplinary performance practice.

Module 2: Improvisation and Emotional Embodiment

Sat 25th & Sun 26th April 2009 10am-6pm at the Dance Research Studio

This module will introduce basic improvisation skills in solo and ensemble through creative play and the integration of body, mind and voice. Participants will explore how to:

- Follow impulse and develop the skill of instantaneous choice within improvisation.
- Participants will explore how to work with autobiographical memory and experience towards emotional embodiment.

Module 3: Visual Language and the Performer

Sat 13th & Sun 14th June 2009 10am-6pm at the Dance Research Studio

This module will focus on the performer's embodiment of visual and formal awareness; combining practical research with conceptual training methods, the module will investigate the influence of visual and performance art disciplines and strategies on dance and choreographic practice.

Module 4: The Choreographic Exchange

Sat 25th & Sun 26th July 2009 10am-6pm at the Hall for Cornwall, Truro

This module explores the performer as translator of the choreographic text, and develops strategies for inhabiting and 'owning' choreographic material. Participants will create short choreographed/devised compositions based on a variety of stimuli, and explore both roles of choreographer as 'author' and dancer/performer as 'translator' of the choreographic text. Tim Brinkman, Theatre Director and Artistic Director of the Hall for Cornwall will contribute to the delivery and assessment of this module.

Assessment

Assessment will take the form of continuous observation and appraisal of practical work; one to one mentoring with programme director Jacky Lansley; participants' appraisal of their own progress and articulation of their aims for future professional development. On satisfactory completion of all modules participants will receive a professional development programme certificate.

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Enrolment

The programme is open to dancers, actors and performance artists with a graduate or post graduate qualification, and/or three years professional experience in one of the performing arts (can be combined with visual practice). Please complete the [application form](#) and send it with your payment to the Dance Research Studio.

Cost

Full cost of programme £480 (£120 per module); Instalment payments negotiable; £60 reduction on full payment prior to commencement of the programme (£420)

Venue information

Dance Research Studio,

23 Orsman Road,

London N1 5RA

Tel: 020 7613 0341

Email: drs@jackylansley.com | Web: www.jackylansley.com

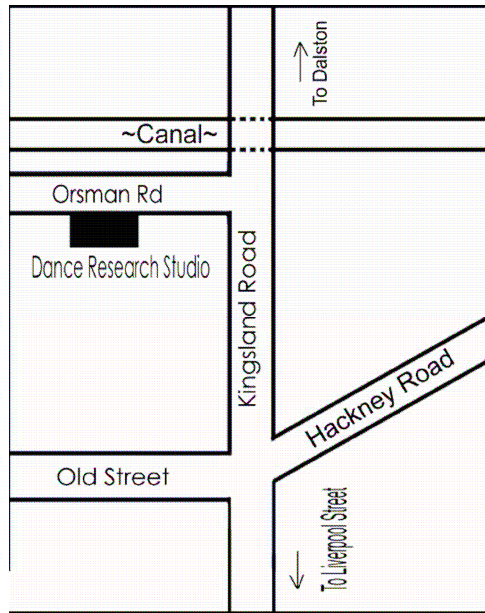
Dance Research Studio is situated near Hoxton.

Nearest Tube Station: Old Street, Nearest BR Station: Dalston Kingsland

Buses: Old Street (243) Liverpool Street (149, 242) Dalston Junction (67, 149, 242, 243)

Orsman Rd is off Kingsland Road by the Grand Union Canal Bridge.

Limited parking in Orsman Rd.



Hall for Cornwall,

Back Quay,

Truro, TR1 2LL

www.hallforcornwall.co.uk

Hall for Cornwall is situated in central Truro. 15 minutes walk from Truro station and 2 minutes walk from Truro bus station. There is plenty of parking near the Theatre.