



Bringen Sie Ihre Gruppen zum Sprechen und zum Spielen.

**Theatre Workout** ist eine Gruppe englischer Schauspieler in London. Unter Leitung von Adam Milford bieten sie Workshops für Gruppen und Schulklassen an, die aktiv in die Schauspielerei und die Welt des Theaters hineinschnuppern möchten.

Vorkenntnisse sind nicht erforderlich. Programmsprache ist natürlich Englisch.

Die Kurse sind maßgeschneidert. Je nach Wunsch der Kunden können Thema und Inhalt, Ort und Zeit vereinbart werden.

Die Programme sind in der Regel zweistündig und finden im Zentrum Londons statt. Zum Beispiel im Foyer eines großen Musicaltheaters, auf einer kleinen Westend-Bühne oder in einer Londoner Tanzschule.

Theatre Workout vermittelt Techniken des Dramas und der professionellen Probearbeit. Die Schauspieler bringen die Teilnehmer schnell zum Sprechen und zum Spielen.

Bei Schulklassen sind besonders die folgenden Programme beliebt:

1. Acting / Schauspiel
2. Shakespeare
3. Improvisation
4. Story-Telling

Falls ein solches Programm interessant für Ihre Gruppe ist, können Sie es über TOMMY oder direkt bei **Theatre Workout** buchen.

Kosten: £9.50 pro Person, mindestens jedoch (bei Kleingruppen) £237,50

Dauer: 2 Stunden

[Details umseitig](#)



**Adam Milford**, Jahrgang 1977, Schauspieler, London, repräsentiert ein Rollenspektrum von Shakespeare (Romeo, Claudio in „Much ado about nothing“, Oberon in Sommernachtstraum) bis hin zum modernen britischen Theater (Wasted, Poor Ted) und zum Film (Supreme Beings, Farmed Out). Er ist der Gründer von Theatre Workout.

Kontakt über **TOMMY** oder:

Website: [www.theatreworkout.co.uk](http://www.theatreworkout.co.uk)

eMail: [enquiries@theatreworkout.co.uk](mailto:enquiries@theatreworkout.co.uk)

Tel. 0044 - 7722 - 003470

## Summaries

All of the following workshops involve exercises used in Drama School training and professional theatre rehearsals. All workshops are interactive, with emphasis on students participation, learning new techniques, developing confidence, and improving their understanding of theatre and performance.

Each workshop lasts for two hours, and is either self contained, or can be tailored to a groups' interests and abilities, focusing on a chosen production if required.

**Theatre 101:** A fun workshop for students with little or no experience of theatre.

- Actors Warm-up, including breath control and focus
- Improvisation games to develop imagination and creativity
- Space Awareness / Movement
- Image theatre and story-telling
- Gestures, Expressions and Clowning
- Communication Technique

**Acting:** Exercises vary depending on age and experience, and can include the following exercises:

- Actors warm-up, including breath control and focus
- Improvisation games to develop imagination and creativity
- Space Awareness
- Emotional Memory: Stanislavsky
- Character development (based on selected productions)
- Physicality and Movement (exploring physical gesture and expression)
- Colour / Animal Associations
- Voice and Speech
- Non verbal sounds in performance
- Sphere's of performance
- Persona, Stereotype, Characterisation & Truth

**Shakespeare:** Performance techniques to read and play Shakespeare

- Actors warm-up, including breath control and focus
- Introduction to Shakespeare's language and techniques - Verse/Prose
- Speaking Shakespeare - vocal difference between Verse & Prose
- Acting Shakespeare - how Shakespeare directs the actor
- Intentions and Emotional Projections
- Character Analysis - Traditional Stereo-types
- Breaking the Stereotype
- Text / Scene analysis and performance

**Story Telling:** A fully interactive workshop with the group creating its own stories.

- Actors warm up, including physical and vocal exercises
- Improvisation games to develop imagination and creativity
- A picture paints a thousand words: Creating group tableaux stories
- Story telling exercises, using inspiration from personal items, photographs and letters
- "And then..." group story telling exercise
- Life stories

**We Can Do It:** A devised theatre workshop, exploring techniques used by historical and contemporary theatre practitioners. Most suited for ages 13+.

- Actors warm-up, including physical and vocal exercises, breath control and focus
- The Self - exploration of our physical structure and abilities/limits
- Space awareness, non-verbal communication and physical improvisation
- Image Theatre, devising from tableaux
- The Machine: Group images and creation of performances
- Text: Creation of performance from poetry and play texts
- Lines: focus and interaction exercise

**Are You Feeling "Wicked"?** "Some people are born wicked, others have wickedness thrust upon them" A self reflective workshop on identity - exploring what makes us unique?

- Actors warm-up, including physical and vocal exercises, breath control and focus
- The Self - exploration of our physical selves, our abilities and our limits
- Physical characterisation
- Are we defined by the labels society gives us? Creation of performance from our own labels.
- Expanding our horizons, exploring our desires and dreams through non verbal performance
- Emotional memory, colour therapy and animal associations

**Cost:**  
£9.50 per person or £237.50 for the group, whichever is the greater.

**Location:**  
TBC in London's West End / Theatre Land

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