



Walk & Squawk Workshops

For The Walking Project

A Walk Around The Block: What's Stopping Us?

An opportunity for personal and neighborhood transformation, by exploring the paths and routes we take in our daily lives through a local walk. It is a means to reflect on the personal stories, on the mundane and intimate moments and exchanges on these paths and within this area that have shaped and continue to shape our feelings and responses to where we live.

This workshop is inspired by the concept that changing our patterns and movement habits can change our attitudes and perceptions of ourselves and others, how taking a different path might change our perspective on our neighborhood by:

- challenging our assumptions and preconceptions about our place and roles within a community
- encouraging participation in neighborhood renewal and regeneration
- getting us to look at our physical surroundings with a view to transformation and change if we wish it
- facilitating communication within groups and gaining some understanding of one another's different paths, both literal and metaphorical.
- recognizing and acknowledging where and how our paths meet

(requires a 3-hour session or longer)

Walking and Mapping

A workshop that uses locative technologies such as GPS to enable participants to observe and create personal maps of the places they walk and visit on a regular basis. Working in small groups, students document their walks through writing, drawing, photography and stories to create annotated personal geographies of a particular neighborhood or space.

(requires two or more class sessions)

Memory, Body and Gesture - Walking our Lives

We retain gestures and mannerisms from our childhood into adulthood, which will often spark off an anecdote, image or feeling in us. Or perhaps a word or feeling will take us to a gesture from the past.

Using the walk, literally and as a metaphor, we explore the connection of movement to remembrance of the past and its continuity with the present. Working with memories and stories we reflect on our habits and patterns and what holds us to them and what, if anything, we would like to change.

(requires a 3-hour session or longer)

The Art of Walking: Re-Making, Re-Looking.

We look at a number of artists who have used walking in their own practice. Students will be encouraged to reflect on the possibilities for re-defining the nature and practice of their own art-making. This workshop can be structured as a single lecture/discussion or a practice-based series.

(two or more class sessions)

Core Movement and Visual Performance Workshops - an Overview

We teach several workshops which are adaptable for different groups. Two essential ingredients for performance -- imagination and openness -- are central to all workshops. Workshops also emphasize the physical and visual, and explore the connection between movement and language.

Theatre Beyond Words

This physical theatre and devising workshop offers an alternative to traditional theatre training in the United States, and can be adapted for both performers and non-performers.

Physical theatre is a unique approach to performing which explores movement and gesture before the text, and explores play and improvisation as starting points for creating theatre. It encourages listening, observing and working with partners and groups. These workshops develop and extend participants' performance sensibilities in a number of key areas: stage presence, body awareness, focus, play, characterization, ensemble work and improvisation.

Theatre Beyond Words can be taught in stages, depending on the time available, from a three-hour introduction to an intensive weekend or multi-week workshop. We have extensive experience working with people with disabilities and will either integrate them into workshops with other performers or create workshops specifically for them.

Performing Ourselves - a workshop on self generated performance

Several of Walk & Squawk's productions have evolved from the personal experiences and stories of the performers themselves. Our minds hold stories to tell and so do our bodies. This workshop provides a starting point for developing autobiographical material through improvisation with movement, text, music, everyday gesture and props. We find out how movement and words enhance each other and how our personal stories are connected to everyone else's..

Something Out Of Nothing

We tend to believe that we must Do Something in order to Be a Clown, to be sad, to be charming, to be funny. Much of the time we only need to "be", to let a moment happen, to let our surroundings and impulses tell us where to go, to let the audience see our clown in a state of vulnerability and simplicity. Then we may find something out of nothing.

Working through play and improvisation, movement and stillness, participants find their own clown and how to "just be" on stage. And how in the process of doing nothing they will find a moment where something magical and innately their own is created. This workshop looks at extremes and opposites, animals and elements, bags and string, all in the attempt to explore just how much nothing we can do.

Living in the Body

We carry our body with us our whole lives yet sometimes we would prefer to be able to leave it behind. This workshop is designed for people who want to treat themselves to a fresh perspective on their bodies. With movement exercises and physical theatre games, we work towards gaining an awareness and confidence in the body, countering stereotyped ideas about body image, ability, age and gender. We work to free the body from tension and release energy and creativity in a supportive and playful atmosphere. Living in the Body can also be targeted to women's groups, seniors or others with special needs.

for more information about Walk & Squawk
workshops please contact Hilary Ramsden
hilary@walksquawk.org
313.279.0213