

Week Four: 22<sup>nd</sup> June

\**Stimulus one*: take a look at this Image of XR theatre

<https://www.gettyimages.co.uk/detail/news-photo/the-extinction-rebellion-performance-artists-on-the-final-news-photo/1145109261>

Credits: Shutterstock and

<https://invisiblecircus.co.uk/>

\**Jot down some thoughts and ideas in response to this question*: What does this image evoke? What title would you give this image and why? What theatre techniques demonstrated here, do you find inspiring and why?

\**Warm up*: physical movement with music. Pick an energising track, and move around the room – releasing tension from your body. Work with your breath to release any blocks or tensions.

\* *Tableaux*: after your initial warm-up – at separate intervals - stop the music to create a tableaux with your body – to portray one of the below each time:

- a) betrayal
- b) emergency
- c) undecided
- d) empowered

*Once you have completed the image work, shake out and cool down – before starting the next section.*

*\*Stimulus two: take a look at this image and consider – what story does it tell? How does it differ from the first image and why?*

<https://media.gettyimages.com/photos/environmentalist-performance-art-troupe-the-red-rebel-brigade-perform-picture-id1174661834?s=2048x2048>

Credits: Shutterstock and

<https://invisiblecircus.co.uk/>

*\*Jot down three images that you want to create, based on your activism.*

*Create the three images and add some movement/mime between the images*

*Top tip: create your tableaux, count silently to three, and then move fluidly to the next tableaux; count to three and so on.*

*\*Add a piece of costume to your work-see how this changes the dynamic of your work-interact with the costume*

*\*Add a prop to your work-see how this changes the dynamic of your work-interact with the prop*

*\*Play around with the order of your tableaux/'story' – how does this affect your work-which order is most interesting?*

*\*Put a soundtrack to your work (optional)*

*\*Take photos or a film-clip of your images/movement/mime; or sketch the creative work you have been doing.*

*\*Reflect on what the work has invoked, and how you could build on this form of 'storytelling' – whether working solo or in an ensemble (together with others).*

*\*What title and strapline would you give your work?*

*\*Think about how you want to develop this piece-weaving in other work that you have created during this course. eg Haiku, monologue, duologue, improvisation, playscript. Create the piece by deciding for example which order you want to put your works together. Alternatively you could mix up the work. Eg create a soundscape with the words from your monologue, and then speak them within the tableaux work. If you are filming the piece, you*

*could write words up as a digital image. Another idea would be to keep your work just as you created it, and to simply place it one after the other – and think about how you will link from one piece to the next.*

*Edit, polish and photograph/film.*

*Share with a friend or on social media – whatever you feel comfortable with.*

*Top tip: always credit material you have been inspired by – if sharing publicly. You would also need PRS if using a track as part of a public sharing.*

©Theatre Arts Yoga Ayurveda for The Space