



## GROTOWSKI WORKSHOP – TEXTS FOR MYTHS

Three day workshop:

**Mon 9<sup>th</sup> – Wed 11<sup>th</sup> March, 10:00am – 4:00pm**

**£50 for three days**

**20% off for the first two people to book this week!**

**2009 in the 'Year of Grotowski,' marking the 10<sup>th</sup> anniversary of his death. The workshop will draw on the theories and techniques of the great Polish director, concentrating on physical theatre and working closely with various texts.**

Workshop facilitators:

**Magdalena Tuka** is an Actress and Workshop leader in Polish theatre company Studium Teatralne - [www.studiumteatralne.pl](http://www.studiumteatralne.pl)

**Kamil Adamus** is a performer in The Bones Theatre Company - [www.thebonestheatre.org.uk](http://www.thebonestheatre.org.uk)

Part 1: TEXTS FOR MYTHS:

We will explore techniques based closely on Grotowski's research and will work with two literary sources; novels by Samuel Beckett and the myth of Demeter and Persephone. A dialogue will be created in which to exchange our experience and theatre ideas.

Part 2: PHYSICAL WORK

Concentrating on the clarification of movement and developing awareness of everything that's accidental. This is an exercise invented by Grotowski and his collaborators during the 'Theatre of Sources' period. We will also explore *balance in space*, one of the main elements of training in the Pontadera Centre.

Part 3: SONGS OF TRADITION

An exercise that will help us to activate our senses. We will work with Afro Caribbean songs which helped Grotowski in developing the last formula of his research *Art as a Vehicle*.

Part 4: ACTIONS PREPARING

The key elements of our work will lead towards a final performance at the end of the final day. Through joining the worlds of myth and modernity, we will aim to create a theatrical structure in which we will develop individual characters and group choreography.

By bringing Polish artists to TARA Studio we celebrate 2009 as a British Grotowski Year. There will be many events dedicated to this exceptional theatre reformer. Several other theatres and venues are also involved in this project: [www.britishgrotowski.co.uk](http://www.britishgrotowski.co.uk)

### **Booking Information:**

Please call 020 8333 4457 or reply to [katie@tara-arts.com](mailto:katie@tara-arts.com) with your name and UK telephone number and we will get back to you.



TARA, 356 Garratt Lane - London - SW18 4ES  
Tel: +44 (0)20 8333 4457 Fax: +44 (0)20 8870 9540

[www.tara-arts.com](http://www.tara-arts.com)

No passports: positioned between East and West, TARA champions creative diversity through the production, promotion and development of world class, cross-cultural theatre.