

## module reflection

### voice and body

during this module we were tasked with creating a series of short scenes surrounding the stimulus arrival. these scenes had to display different techniques we had learned in this module for voice and body. with this particular module i would say struggled with learning the different techniques, mainly because they were all very physical but also because you are also trying to understand explanation behind each one too. adding from that i wouldn't say i didn't find this module interesting because i did. i found a lot of these different techniques coming from practitioners that i previously had not payed much mind to such as grotowski. mainly because i personally always looked to practitioners that had a less physical approach.

if i was going to highlight one thing in this module i found difficult i would say it be a task we were given where we had to listen to a descriptive piece of text then move and react to said text. i don't know if it was because i had trouble moving my body naturally or it was something else, i just found it hard to move naturally to the text and get that initial connection to start moving and to me it all felt quite odd. one thing i did really enjoy in this module was the voice side of things, this to me came quite a lot easier as we were playing with ways we can create material with sound. i especially like working with the loop machine, i thought that it added a lot to the ending piece and i generally learned voice techniques that i will go on to use. something as simple as learning to breath and use your breath properly is definitely something i can take away from this module. the rehearsal process for this module was quite hit and miss for me personally as i got ill towards the end of the module, i would say this did impact me as i think i may have missed some of the explanation behind some of the teachings, however i did think i had a decent enough grasp on things to be able to use the skills in which we learned for the ending piece.

all in all i can say this module has been very productive, although i may not have understood some of the different techniques that i would've liked to i did have a decent enough understanding where we were able to create a piece of theatre from, and as a group i think we properly showcased the stimulus as we should and really had a hold of how to utilize what we had learned. going forward from this module in academic approach i would like to explore more into these teachings and try to understand them better.