

Movement Practice: New info for extra sessions

As Gwyn and I mentioned last week, of the 2nd of November, you will have **extra sessions** on a Monday as well as on Tuesday and Thursday.

These are **in addition** to your normal Tuesday and Thursday sessions, meaning that you will be in sessions for longer for the rest of the term. Please prepare appropriately.

Here are the details of the practitioners, times and spaces:

Week commencing	Session leader	Website	Extra session Time	Room
02/11	Paul Davies + Cath Bennet, Volcano Theatre. https://volcanotheatre.wales/		Mon: 10-1 or 2-5. Tues: 1:15- 2:45 or 3:15 – 4:45 Thurs: 1:15- 2:45 or 3:15 – 4:45	P3
09/11	Marega Palsar, Mr+Mrs Clark http://www.mrandmrsclark.co.uk/about/ **There will be normal sessions on Tuesday the 10 th of November – this means you will only be in class for the previous normal 1hr30mins.		Mon: 10-1 or 2-5. Tue- No practitioner session** Thu: 10:00-1:00 Acting 1:30-4:30 Dance + AD	P3
16/11	TBC Gwydion Griffiths, actor https://community.nationaltheatre.wales.org/profile/GwydionRhysGriffiths		Mon: 10-1 or 2-5. Tues: 1:15- 2:45 or 3:15 – 4:45 Thurs: 1:15- 2:45 or 3:15 – 4:45	P3
23/11	Eeva Maria Mutka, somatic dance practitioner https://groundworkpro.com/people/eeva-maria-mutka/		Mon: 10-1 or 2-5. Tues: 1:15- 2:45 or 3:15 – 4:45 Thurs: 1:15- 2:45 or 3:15 – 4:45	P3
30/11	TBC!		Mon: 10-1 or 2-5. Tues: 1:15- 2:45 or 3:15 – 4:45 Thurs: 1:15- 2:45 or 3:15 – 4:45	P3

I will revise the groups tomorrow to make sure that everyone has a chance to take advantage of this excellent opportunity.

Each of these practitioners has an unique approach to creating meaningful physical performance work, and they will demonstrate their methods practically with you in these exciting sessions.

Take a look at their linked information as minimum background research before you join the sessions.