

1810919 Kris Grogan**A reflection on my development so far**

The first week of body and mind was very unusual experience for me, well the body part anyway. The vocal warm ups were something I had been used to through my choir singing. The physical warm ups were something I had not done for some time or ever done properly. Over the next few weeks we worked on different techniques and practitioners. I really enjoyed some and others I had more of an issue with. Whether this is because of my depression or my lack of experience to date with "The Arts" I'm not sure. I have to say the best one for me was the Lecoq work we did with the masks. I found that both freeing and strangely exhilarating. He is a practitioner that I would love to do more work on throughout the next few years.

The Laban efforts or god game was my least favourite. I think that's more because I feel the need to try and control my environment (I'm a bit of a control freak with that sort of thing). Another technique that I enjoyed was the three words we made up, mine being bong lo fa. That exercise was both a good laugh and an interesting use of sounds that we used to create an effect. This was done by our changing pitch, volume and duration of the individual sound. When we were told we were going to be doing a production at the end of the module I was very nervous. I do not believe that I was the only one to be more than a little apprehensive, but we "the company" pulled it off with aplomb. This success I believe came from us becoming a close group from the beginning of the course and after the stories and poems we read out you could sense a real strengthening of the bond in our group.

Over the next few weeks working on all the aspects of the play it seemed to be coming together well. Your card doesn't work here using Laban, Chekhov and Bogart vocals along with the Growtowski movements fitted together. Then the hero using the Plastiques, which for me changed every time I did it and I was never sure if I was right or wrong in what I was doing. Just moving how I was feeling at that moment was a freeing and honest recognition of myself. Then the mic scene was exactly like the first week in university confusing, exciting, loud and a bit annoying. Is this me now was a hard scene which felt very chaotic and out of control and as I said before I did not enjoy. Thinking back on it now it makes perfect sense in the play and I think it is a process I want to explore more. Finishing on chorus to focus and getting the audience involved trying to their feet was a perfect ending for the play and was a fitting ending for our journey so far. So, on reflection I would love to do more of Lecoq processes along with the vocal work of Laban and Bogart which I believe will help me to develop more as a performer, practitioner and person.