

Workshop: PLAY, PRESENCE, PERFORMANCE

10th August 2024 1.30pm – 5.30pm, The Little Theatre, Nairn

This event is FREE, but please eMail boxoffice@nairnlittletheatre.org.uk to let us know you're coming so we know who to expect. Thanks!

When we play, we are full of energy, alert and spontaneous. We look for playfulness in others and listen to creative impulses in ourselves. When playing we tend not to judge ourselves. If we are enjoying a game, we are fully involved in it. There is a total belief and honesty. Nothing is hidden.

**"We don't stop playing because we grow old.
We grow old because we stop playing"**
– Benjamin Franklin

The workshop will offer ways in which the performer can use play to confirm their own physical expressiveness, establish a confident stage presence and a direct, positive relationship with the audience.

Why play? Play helps develop:

- physical and spatial awareness
- timing
- the creation and exchange of focus
- physical self-awareness
- the use of rhythm to link action, intention, play and emotion

Linking all these elements is a concentration upon finding and taking pleasure in one's own performance, sharing this with an audience, and having lots of **FUN!**

WHO IS IT FOR?

Anyone (aged 16+) who wants to grow as a performer especially if you are interested in comedy. It's for those looking to become freer on stage, to be more connected, to have fun, to react to what is. It's for people looking to know themselves better.

Following these workshops, there will be a performance on 20th September of "The Madness of Love". Participants are invited to take part in the public performance with the professional Company, although this is not required – you're welcome to just attend the workshop on its own.

Shifting Sands Theatre Company

Shifting Sands was founded in 1998 in Derbyshire to create stimulating and accessible theatre that is both comic and moving. The company moved to Scotland in 2021.

We like to combine clowning, text, animation and the techniques of physical theatre with a strong, simple, visual design. We are particularly interested in using clowning to re-interpret and re-discover classic texts and myths.

The company encourages the development of new talent through its workshop and training programme.

Gerry Flanagan, Artistic Director, has performed with the David Glass Ensemble and Bubble Theatre.

He co-founded Commotion Theatre Co. in 1991 and co-devised, helped direct and appeared in all their shows. Commotion toured for six years, receiving funding from East Midlands Arts, Arts Council of England, and other funding bodies. Shifting Sands has grown out of this work.

Company Productions

We have toured nine shows nationally. Recent shows include our clown adaptation of **THE SEAGULL** which toured in 2014 with 22 dates, **ARABIAN KNIGHTS ...and DAYS!** in 2016 had 25 dates, **THE KING LEAR** in 2017 toured to 17 venues. The same show, now self-supporting, toured again in 2018 with a further 19 dates.

We have long experience of participatory projects. In recent years, Artistic Director Gerry Flanagan has run an extensive workshop project at Theatre Delicatessen London ending with the devising of a show, various devising projects with Oldham Theatre Workshop, another at TheatreHaus Mitte in Berlin plus workshops at the City Literary Institute in London and at various Universities, colleges, and schools.

We have also developed over recent years various Street Theatre projects, including **The Detectives** plus **The French Waiters** and appeared at many festivals including Nottingham's Riverside Festival, Lincoln's Street Theatre Festival, and Dandelion Festival Glasgow.

Nairn Drama

Nairn Drama is a registered Charity SC013628, founded with the following aims;

To foster and promote the maintenance, improvement, development, study and practice of dramatic art in all its forms and the knowledge, understanding and appreciation of dramatic art in all its forms among the inhabitants of Nairn and elsewhere.

To promote and conduct theatrical, film and musical performances, lectures, concerts, festivals, exhibitions and such other educational enterprises, to establish or further the work of charitable institutions; and to provide a means for bringing to the attention of the inhabitants of Nairn and elsewhere, the work of creative artists in the field of dramatic art in all its forms.

This project is brought to The Little Theatre in conjunction with North East Arts Touring and is supported by Creative Scotland and The National Lottery.

The Little Theatre

The Little Theatre is Nairn's dedicated purpose-built community theatre, with a capacity of just 70 it is a small, intimate, venue ideally suited to events such as this. You will receive a warm welcome!

For more information on The Little Theatre, and how to get here, please see <https://nairnlittletheatre.org.uk/your-visit>