

# Living Pictures Summer Retreat 2023

## Deepening skills, finding presence.

You are invited to join us for the Living Pictures Summer retreat with **Catherine Alexander** (Complicite, RNT) **Max Harrison** (Lidless Theatre) hosted by **Robbie Bowman** and **Elen Bowman** (RNT, RSC, Living Pictures) @ Coed Dylan (*Dylan's wood*) - [The Project | Living Pictures Productions](#)

Where we will explore the natural world through different senses: go on touch and sound walks and start to create and devise work from these stimuli.

We will work with different rehearsal approaches to understand how methods can compliment and enhance our process as actors and directors and take time to reflect and rejuvenate our creativity and sense of community.

**Venue:** Coed Dylan (our retreat space in Carmarthenshire).

**Dates:** Monday July 31st to Monday August 7th

**Times:** 10am on Monday until Sunday evening at 10pm.

**Cost:** £300

**Who For:** Actors, Directors and Writers...theatre and nature

**Course Details:** **Catherine** will engage the imagination and body to play with presence, sensation and space. By engaging with the natural landscape participants will experience how space and environment resonate through the body to re-awaken connections, restore energy and share new ways of creating work.

**Robbie** will explore the fundamentals of Meisner technique, mantras, NLP and elements of Michael Chekhov technique. **Max** will focus on developing this work into scene study incorporating some of Mike Alfreds' work, along with mindfulness practice. **Catherine** will collaborate by looking at physical methods to embody this work.

**Elen** will offer 1-1 coaching for participants wishing to explore their current projects and creative challenges.

The team will incorporate meditation and mindfulness into the program as well as allow time in nature to encourage mindful connection and inner reflection.

There will be an opportunity to support the Coed Dylan Centre by helping with meal preparation or light volunteer tasks in our garden.

## ARTIST BIOGRAPHIES

**Catherine** studied Drama at Manchester University and trained at L'Ecole Jacques Lecoq in Paris. She is Artistic Director of Quiconque (PUSH, Biscuits of Love, Hideaway and Big Bad Duvet Terror) and

has worked with Complicité for over twenty five years. Shows with Complicité include I'll Take You To Mrs Cole, Tomorrow I'll Be Twenty, The Master and Margarita, A Disappearing Number, The Elephant Vanishes, The Chairs, The Caucasian Chalk Circle, Out of a house walked a man.... Other directing includes Hexenhammer, Secretariat, The Gypsy Bible, Opera North, Touching Space Royal Academy of Art and The Boy from Centreville, Pleasance. Other work includes Wild Oats, Bristol Old Vic, Coram Boy, National Theatre and Adventures in Moominland and Super Troupers for the Southbank. Catherine won the Young Vic, Jerwood Prize in 2006 for work on Amédée and the Amnesty International Freedom of Expression Award in 2011 for her devised production SOLD.

**Max** is a freelance theatre director and Co-Artistic Director of Lidless Theatre. His work has spanned seven years and ranges from devised shows to new writing and revivals. After training as an actor at LAMDA he was mentored by Mike Alfreds and recently assisted him on Five Characters in Search of a Good Night's Sleep (Southwark Playhouse). He is interested in process orientated rehearsals that centre around the actor's creativity and imagination. Professional directing credits include *Tender Napalm* (King's Head Theatre), *Moonfleece*, *In Place of Fear* (Pleasance Theatre) and *Little Pieces of Gold* (Southwark Playhouse). Alongside his professional work he also directs at drama schools, having just directed *Festen* (East 15), *Pillars of the Community* (Bridge Theatre TC), *The Crucible* (East 15).

**Robbie** is co-director of Living Pictures. He is an Actor (Most recently *The Normal Heart* RNT, *The Tempest* for Wiltshire Creative), an Acting lecturer currently at RWCMD, WAVDA and recently at Central School of Speech and Drama . Robbie hosts the Living Pictures Acting Studios in London. He is a recipient of a Creative Wales Award 2016. For full biog please visit - <https://livingpictures.org.uk/people/artistic-team/robert-bowman/>

**Elen** is co-director of Living Pictures. She is an acting&directing lecturer, dramaturg and directing coach and has directed and commissioned new writing. Her coaching work began with Katie Mitchell and James MacDonald funded by NESTA in 2000. She also coached Ian Rickson during his tenure at the Royal Court. Her inspiration is the teachings of Maria Knebel, Stanislavski's pupil. For Living Pictures director training courses Elen created partnerships with Goethe Glasgow, National Theatre of Scotland, Sherman Cymru and Theatr Genedlaethol as well as coaching for Derby Playhouse and Regional Directors Scheme. She currently lectures in acting and directing at WAVDA, Univeristy of Wales. Elen is the recipient of a Creative Wales Award 2017.

## GENERAL INFORMATION

**Coed Dylan** : is a five acre creative space for wellbeing and skills development for young people who learn differently. It has a garden, shacks, stream and compost loo. It borders with Green Castle Woods a Woodland Trust property which has plenty of walking land. The venue is 4 miles from Llansteffan Beach which also boasts a wonderful Castle and coastal walks. There is a good Leisure Centre nearby for swimming and showers!

**Meals.** We will provide Vegetarian/Vegan meals for breakfast, lunch and Supper. Please let us know regarding any food restrictions and we'll do our best to accommodate you. There is a small SPAR shop in the next village, as well as a large Tesco in Carmarthen should you wish to cook for yourself. (Just let us know)

**Accomodation** : There are a few options...

Camping: You can camp on Coed Dylan free of charge. The Centre is totally off-grid. Compost loo and 'Bucket Shower'.

Formal campsite with facilities: <https://www.churchhousefarmgetaways.co.uk/> (A ten minute walk away from Coed Dylan)

International Hostel in Llansteffan: (you will need a car for this) -  
<https://independenthostels.co.uk/members/pantyrathrointernationalhostel/>

**Travel.** We encourage you to use public transport to do all we can to safeguard the climate. Should you need to drive we can help find parking space for you nearby. If you can consider lifts for other passengers please do let us know.

Train Service runs from Paddington to Carmarthen. It is possible that we can collect you from the station and take you to Coed Dylan. Please let us know.

Coed Dylan is 3 miles from the station. We are served by community buses (request stop) at Green Castle Woods.

National Express Bus Service runs from Victoria Coach Station to Carmarthen.

#### **Location information:**

<https://www.google.co.uk/maps/place/51%C2%B049'30.1%22N+4%C2%B019'52.2%22W/@51.8243299,-4.3349763,529m/data=!3m1!1e3!4m4!3m3!8m2!3d51.8250195!4d-4.3311676>

<https://www.woodlandtrust.org.uk/visiting-woods/woods/green-castle-woods/>

#### **Booking information**

For any questions and to reserve a place please email: [lpworkshops14@gmail.com](mailto:lpworkshops14@gmail.com). Please title the email - Summer Workshops.

Please talk to us if you need to pay by installments, etc.

**Thank you!**

**Living Pictures TEAM**