ARTS DAY 2024

29th May 2024

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| **Workshop** | **Description** |
| Chinese Yoga  With Angel  *25 Students Max* | Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago, Yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep. In this class we will do Yoga with instructions in mix of Chinese and English language. |
| Dance Workshop  With Jaya Fisher-Smith  *25 Students Max* | A Jazz/Musical Theatre Performance Skills Workshop focussing on technique, expression, and personality. We will undertake a warm up, corner work and technique, expression skills, and then learn a professional Jazz/MT routine. |
| Musical Theatre Workshop  With Miss Ryan  *25 Students Max* | We will explore integrating staging, movement, character and song to create a performance to “School Song” from Matilda the Musical. We will look at building our characters from the inside out and embodying the text. |
| Latin Dance Workshop  With Signora Mancilla  *40 Students Max* | The workshop is designed to be fun and interactive, ensuring everyone feels comfortable dancing and expressing themselves. Participants will have the opportunity to engage in both solo dance and partner dance. The focus will be on teaching Samba (line dance), Salsa with a partner, and Bachata with a partner. Depending on the students’ abilities, Merengue may be added or used as a replacement for Salsa. In addition, we will also explore the cultural contexts of each of these dances, highlighting their origin and global influence. |
| Making Beats  Technical Production Workshop  With Mr O  *30 Students Max* | Learning how to make ‘fully sick beats’ using computer technology programs.  For those students who are interested in lighting, a breakaway group will be able to explore the drama room lighting rig. |
| Theatre Make Up Workshop  With Isabelle Pacaud  *20 Students Max* | This workshop will provide students with the knowledge on how to apply makeup in a different way than everyday makeup. Stage makeup is very different to everyday/event makeup. You will be learning about enhancing your facial features so on stage you ‘Let Your Light Shine’. Stage makeup can look more dramatic when face to face with a performer however on stage it appears less intense. |
| Theatresports Workshop  With Aimee Duroux and  Johanna Lyon  *40 Students Max* | In this Theatre Sports and Improvisation Workshop, spontaneity and collaboration take centre stage. Through a series of interactive exercises and games, students will explore the fundamentals of improvisation, from embracing the "Yes, and..." mentality to honing quick-thinking skills. Whether they're seasoned performers or new to improvisational theatre, this workshop offers a welcoming space for all skill levels. Expect laughter, absurdity, and team-building as students dive into the world of Theatre Sports and Improvisation. |
| Magical Sculpture  Visual Art Workshop  With Wendy Winsley  *20 Students Max* | Media – Magical Sculpture  Come and contribute to a colourful Yayoi Kasama inspired Installation with artist Wendy Winsley. Be an Art Brut and channel your inner Pop Artist... only the courageous and eclectic required!! |
| Graphite Drawing  Visual Art Workshop  With David Wells  *20 Students Max* | Media – Graphite Pencil Discover the art of drawing realistic portraits in 2D with artist David Wells. Dive into the world of graphite and hone your skills in this immersive workshop. |