

Self-With-Others.

Self-With-Others is a pre-expressive, psychophysical training process that specifically focuses on the development of a performer's individual capacity in the context of ensemble. As a result, it is effective both as a training process for individuals, and as a process through which to develop the inter-connectedness and sensitivity that underpins ensemble performance. It is the practical heart of my research and my professional practice.

The theoretical underpinnings of the work are disseminated through a research website:

<http://ensemblephysicaltheatre.wordpress.com>

Through this website there is also access to video documentation of key elements of the practice and exploration of the underlying principles.

Self-With-Others has been the core training behind the MA Ensemble Physical Theatre: Training and Performance at the University of Huddersfield.

Self-With-Others is the foundational practical and aesthetic training for DUENDE, an international, interdisciplinary performance ensemble. Information about DUENDE is publicly disseminated through two blogs:

<http://ensembleduende.wordpress.com>

<http://theshatteringman.wordpress.com>

Training through Self-With-Others, DUENDE has created four performances:

The Shattering Man (Huddersfield 2010)

Echo Chamber (Huddersfield, Leeds, Bradford, 2011; Melbourne, Athens, Chania, Thessaloniki 2012)

(further performances of 'Echo Chamber' are planned in India in 2013)

Performing at the Edge – Professional residency and performance project, Lesvos, Greece, June-July 2012

Collision no. 1 – (Mitolene, Lesvos, Greece: July 2012)

The heart of Self-With-Others is found in its practical dissemination through workshops. Below is a list of the major workshops I have run to disseminate this work since 2008. These have varied in length from 1 to 14 days and are taught to an average of 12 people. Participants have been dancers, actors, circus performers, musicians, improvisers, teachers, academics, live artists and members of the wider community looking for access to creative practice.

2008

Student Workshop, Balletakademien, Stockholm, Sweden

Professional Workshop Dansallensen, Stockholm

Professional Workshop, IUGTE conference "Performing Arts Today", Bovec, Slovenia

Professional and Student Workshop 'Dancing the Mind, Writing the Body', UNAM, Mexico City

MA Ensemble Physical Theatre, University of Huddersfield

2009

Residential Workshop 'Stones Have Been Known to Move': Au Brana Cultural Centre, France

Student Workshop: Balletakademien, Stockholm, Sweden

Teacher/Professional Development Workshop: Balletakademien, Stockholm, Sweden

Professional Workshop, London, Buddhist Arts Centre

MA Ensemble Physical Theatre, University of Huddersfield

2010

Student Workshop: Shanghai Theatre Academy, China

Professional Workshop: Athens, Greece
Professional Workshop: Thessaloniki, Greece
Professional Workshop: Balletakademien, Stockholm, Sweden
Student Workshops (2 series) :Balletakademien, Stockholm, Sweden
Teachers Workshop/Professional Development: Balletakademien, Stockholm, Sweden
Student Workshop: Kulturama, Stockholm, Sweden
Professional-level residency: Au Brana Cultural Centre, France
Teachers Workshop/Professional Development: Dancehouse, Melbourne, Australia
Professional Workshop: Lucy Guerin Studio, Melbourne, Australia
Professional Workshop: Buddhist Arts Centre, London
Professional Development Workshop: Huddersfield
MA Ensemble Physical Theatre, University of Huddersfield

2011

Professional Workshop: Tanzfabrik. Berlin, Germany
Professional Workshop: Buddhist Arts Centre, London (Two separate series)
Professional Workshop: Whitestone Arts Research Centre, UK
Professional Workshop: Balletakademien, Stockholm, Sweden
Student Workshops (2 series) :Balletakademien, Stockholm, Sweden
Teachers Workshop/Professional Development: Balletakademien, Stockholm, Sweden
Student Workshop: Kulturama, Stockholm, Sweden
Professional-level residency: Au Brana Cultural Centre, France
Professional Workshop: Athens, Greece
Professional Workshop: Thessaloniki, Greece
Workshop with *O Somoas Company*, Thessaloniki, Greece
Professional Workshop, Mytilini, Lesbos, Greece
Professional Workshop with *Society for the Unforeseen & Spielbank*, Munich, Germany
MA Ensemble Physical Theatre & Professional Development Workshop, University of Huddersfield
Student Workshops, Salford University
Student Workshops, Hull University

2012

Professional Workshops, Cecil St Studio, Melbourne, Australia. (3 series)
Professional Workshop, Mitilene, Lesbos, Greece
Professional Workshop: Athens, Greece
Professional Workshop: Thessaloniki, Greece
Workshop with *C-for-Circus*, Thessaloniki, Greece
Workshop with Music School, Thessaloniki, Greece
Professional Workshop, Chania, Crete, Greece
Professional Workshop: Whitestone Arts Research Centre, UK
Professional Workshop; London Buddhist Arts Centre (2 series)
Professional-level residency: Au Brana Cultural Centre, France
Professional Workshop with *Society for the Unforeseen & Spielbank*, Munich, Germany
Professional Development: *Kliniklowns*, Munich, Germany
Professional Residential Workshop, Lesbos, Greece

Forthcoming workshops/residencies at time of writing: (Sept. 2012)

Professional Workshop with *Society for the Unforeseen & Spielbank*, Munich, Germany (*November 2012*)
Professional Development: *Kliniklowns*, Munich, Germany (*November 2012*)
Professional workshops _ Thessaloniki, Greece (2 series) (*November 2012*)
Professional workshop, Athens, Greece (*November 2012*)
Professional workshop, Stockholm, Sweden (*November 2012*)
Professional Workshop: Balletakademien, Stockholm, Sweden (*November 2012*)
Company residency and performance workshop: Gotsunda Dance & Theatre, Upsala, Sweden (*December 2012*)

Residential Workshop (Tamil-Nadu, India) *(March 2013)*

Professional, educational, school & community workshops. (Bangalore, Calcutta, Delhi – India)
(March/April 2013)

Residential performance-making workshop –(Delhi & Himalayan mountains -India) *(April 2013)*