



# SITI Wales Training 2013

March 25 – April 6, Aberystwyth

## When

March 25 - April 6 (2 weeks)

## Where

Aberystwyth, Wales

## What

Mon – Sat: 10.00- 14.00  
*Suzuki and Viewpoints*

Weds, Thurs, Sat: 10.00 - 18.00  
*Suzuki and Viewpoints followed  
by Composition, Movement or  
Voice Laboratories*

## Cost

£485,-

*Coordinated by: Lowri Jenkins and Judith Sleddens in  
collaboration with CPR (Centre for Performance Research)  
Hosted by: the Department of Theatre, Film and TV  
Studies, Aberystwyth University, Aberystwyth, Wales*

Photography: Guergana Damianove

PRIFYSGOL  
**ABERYSTWYTH**  
UNIVERSITY

**CPR**

CENTRE FOR  
**PERFORMANCE**  
RESEARCH

## **About SITI Company and the training**

The Viewpoints and the Suzuki Method of Actor Training are two distinct methods of actor training used in building and staging SITI productions. SITI Company members have been trained by Anne Bogart and Tadashi Suzuki and are uniquely qualified to introduce and train other theater artists in these challenging and innovative methods.

### *Suzuki method*

Developed by internationally acclaimed director, Tadashi Suzuki and the Suzuki Company of Toga, the Suzuki Actor Training Method's principal concern is with restoring the wholeness of the human body to the theatrical context and uncovering the actor's innate expressive abilities. Attention is on the lower body and a vocabulary of footwork, sharpening the actor's breath control and concentration.

### *Viewpoints*

The Viewpoints is a technique of improvisation that grew out of the post-modern dance world. The Viewpoints allows a group of actors to function together spontaneously and intuitively and to generate bold, theatrical work quickly. It develops flexibility, articulation, and strength in movement and makes ensemble playing really possible.

## **About CPR**

The Centre for Performance Research (CPR) is a multi-faceted theatre organisation located and rooted in Wales, working nationally and internationally. CPR arranges workshops, conferences, lectures and masterclasses; curates and produces festivals, expositions and exchanges and publishes and distributes theatre books, as well as the journal Performance Research.

## **About the Department of Theatre, Film and TV'**

The Department of Theatre, Film and Television Studies is one of the largest in Britain in terms of both staff and student numbers. It has some outstanding facilities and is committed to offering high-quality learning, teaching, research and knowledge exchange opportunities for students drawn from the populations of Wales, the United Kingdom, Europe and beyond, combining a wide range of practice-based work with challenging academic activity

## **About Aberystwyth**

Aberystwyth is a seaside town on the coast of West Wales. It is a beautiful part of the world, with hills and green valleys inland and dramatic coastline and cliff walks along the sea.

## **About Lowri and Judith**

Lowri and Judith met at the SITI Fall Training 2011. This course is the result of a shared passion for the training and determination to grow its presence in Wales and across Europe.

## **Who should apply:**

This workshop welcomes applications from artists with previous SITI Training, as well as artists without prior experience of Suzuki and Viewpoints who are looking to develop their practice in a focused environment.

## **How to apply**

Send a request for the Application form to [sitiwalestraining@gmail.com](mailto:sitiwalestraining@gmail.com)