

# YORGOS KARAMALEGOS

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## ARTISTIC DIRECTOR & PHYSICAL LAB FOUNDER

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### Personal Profile

An internationally recognised acting, personal development, and embodiment coach with over two decades of experience. Skilled in guiding artists, professionals, and leaders in integrating body, mind, and emotion to heighten presence, clarity, and authenticity. Founder of Physical Lab, with a history of delivering international workshops, residencies, and immersive training for both performers and non-performers alike.

### Key Roles & Leadership

#### **Co-Instructor & Founder, Fitness & Embodiment (Crete, GR)**

— Established in 2023, in partnership with co-founder Alex Crockford, a six-day retreat programme designed for non-performers, with a focus on whole-body wellness.

#### **Artistic Director & Founder, Physical Lab (London, UK)**

— Established in 2011; developed a dedicated training space for actors, speakers, and leaders to engage in embodiment practices.

#### **Founder / Co-Artistic Director, Tmesis Theatre (UK)**

— Company specialising in physical theatre, co-led until 2010.

### Education & Training

- Studied theatre at Nellie Karra's Theatre School in Athens.
- Ongoing professional development via workshops, residencies, online coaching, and embodiment training.

### Teaching, Workshops & Residencies

- Teaching engagements at LAMDA, RADA, Drama Centre London, and The Actors Centre (London).
- International workshops and residencies across Europe and America.
- Delivered masterclasses, retreats, and immersive training in embodiment, presence, movement, and performance.

### Projects & Directing / Performance Experience

- Devised, directed, and performed in theatre productions (touring nationally and internationally) in physical theatre and embodied performance.

- Collaborative performance work, drawing from movement, ensemble practices, somatic techniques, and expressive modalities.

## **Philosophy & Methodology**

- Emphasis on embodiment: integrating body, mind, and emotion to cultivate presence, confidence, and clarity.
- Focus on deconditioning, expressive freedom, impulse exploration, and resonant voice/physicality.
- Application in acting, public speaking, leadership, wellness, and personal development settings.

## **Selected Recognitions & Affiliations**

- Recognised internationally for his coaching in performance and leadership sectors.
- Collaborations with practitioners, festivals, and institutions worldwide.

## **Skills & Competencies**

- Performance & Directing: physical theatre, ensemble work, devising, movement-based performance
- Coaching & Facilitation: embodiment coaching, one-to-one mentoring, group workshops
- Somatic & Body-Based Techniques: movement, mindfulness (presence), deconditioning
- Communication & Teaching: working with actors, leaders, speakers, and diverse practitioners
- Cross-Cultural & International Practice: delivering training across multiple countries

## **Languages**

- Greek [Native], English [Fluent]

## **Resources**

- [www.physicallab.co.uk](http://www.physicallab.co.uk)
- Upcoming 2026 Events:
  - [Presence in Acting, ATHENS](#)
  - [June 2026 Fitness & Embodiment Retreat](#)
  - [Sept 2026 Fitness & Embodiment Retreat](#)
  - [2026 Annual Physical Lab Retreat](#)
- [Ethos blog](#) - articles on performance ethos & personal development