

LAB

PROGRAMME SYLLABUS

Acting Through Embodiment, Presence, and Authentic Artistic Discovery

Programme Overview

This training is a comprehensive exploration of acting as an embodied, conscious, and deeply personal practice. It is designed to support actors in developing not only greater skill and craft, but also a more profound relationship with themselves as artists and human beings.

At the heart of the work lies the understanding that authentic performance cannot be manufactured through imitation, technique alone, or the pursuit of external results. Truthful acting emerges when performers develop a deeper connection to their own embodied experience, cultivate genuine presence, and discover a way of working that is uniquely their own.

The training integrates embodiment practices, presence training, voice work, movement, imagination, improvisation, scene study, and individual artistic development. Participants are invited into a process of investigation that expands awareness, strengthens craft, and supports the discovery of an authentic artistic voice.

Rather than teaching a fixed method, the programme provides a framework through which each participant can develop their own relationship to acting, creativity, and performance.

Philosophy of the Work

The foundation of this approach is the belief that acting is not primarily about performing emotions, representing characters, or demonstrating technique. It is about becoming increasingly available to life as it unfolds moment by moment.

The actor's craft begins with the capacity to be present.

Presence allows the performer to listen, respond, imagine, connect, and act with authenticity. It creates the conditions from which genuine expression can emerge.

Embodiment serves as the primary pathway towards this state of presence. Through developing awareness of the body, breath, sensations, impulses, and relational dynamics, actors cultivate a richer connection to themselves and their environment.

The work also recognises that every actor possesses a unique artistic intelligence. Therefore, training must not only develop skills but also support performers in discovering how they work best.

The aim is not to produce actors who think, move, feel, or perform in the same way. The aim is to support the emergence of each participant's authentic artistic voice and individual technique.

The Three Pillars of the Approach

I. Embodiment

The body is approached as a source of intelligence rather than merely a tool for expression. Embodiment training develops the actor's capacity to sense, perceive, respond, imagine, and communicate through a fully integrated physical presence.

Participants learn to:

- Develop awareness of physical sensations and impulses.
- Recognise habitual tensions and limiting patterns.
- Build greater freedom, adaptability, and responsiveness.
- Deepen the connection between body, breath, emotion, imagination, and action.
- Use physical awareness as a foundation for performance.

The body becomes a living source of information, creativity, and truth.

II. Presence

Presence is understood as a quality of conscious engagement with oneself, others, and the environment. The work develops the actor's ability to remain available, attentive, and responsive within changing circumstances.

Participants explore:

- Attention and focus.
- Listening and relational awareness.
- Presence under observation.
- Working with uncertainty.
- Responsiveness to impulse and environment.
- The capacity to remain engaged in the present moment.

Presence is not treated as a performance effect but as a trainable human capacity that supports every aspect of the actor's craft.

III. Individual Artistic Discovery

One of the defining features of this training is its highly individualised approach. The programme recognises that every performer possesses a unique combination of experiences, sensitivities, strengths, challenges, imagination, physicality, and creative instincts.

Rather than asking participants to conform to a predetermined method, the work supports them in discovering their own authentic process.

Participants are encouraged to investigate:

- What allows them to feel most alive and available.
- How they naturally access imagination and creativity.
- The specific conditions that support truthful performance.
- Their personal relationship to movement, voice, emotion, and text.
- The habits and beliefs that may limit their artistic freedom.
- The qualities that make their work distinctive.

Through this process, actors begin to build what may be called an individual technique.

Individual Technique

An individual technique is not a rejection of craft or discipline. Rather, it is the integration of craft with the unique nature of the performer.

Many actors spend years collecting techniques, exercises, and theories. While these can be valuable, they often become disconnected from the individual using them. This training seeks to reverse that process.

Instead of asking:

"How do I perform according to this method?"

Participants are encouraged to ask:

"How do I function at my best as an actor?"

Over time, each performer develops a clearer understanding of:

- How they prepare.
- How they access presence.
- How they connect to imagination.
- How they work with text.
- How they enter relationships within scenes.
- How they navigate challenges and creative blocks.

The result is a practical and reliable approach that belongs to the actor rather than to the teacher.

Authenticity as a Central Aim

Authenticity is one of the central objectives of the training. Authenticity does not mean self-expression without craft, nor does it mean simply "being oneself" on stage.

Authenticity emerges when the actor's actions, imagination, body, voice, attention, and intentions are aligned. It is the experience of truthfulness within performance.

The work seeks to cultivate authenticity by helping actors:

- Develop self-awareness.
- Recognise performative habits and masks.
- Build trust in their own impulses.
- Strengthen their capacity for genuine listening.
- Engage more fully with the present moment.
- Integrate technique rather than impose it.

When actors stop attempting to manufacture results and instead learn to work from a place of embodied presence, performance becomes more alive, compelling, and believable.

Core Areas of Training

A Search for Presence & Authenticity

The Physical Lab methodology supports performers in uncovering their most authentic selves by utilising the body as the point of entry, drawing on a diverse range of movement-based techniques. It encourages a deeper awareness of impulse, sensation, and presence, helping actors access a more grounded and responsive state.

- Using the body as the primary point of entry into presence.

- Developing awareness of impulse and sensation.
- Accessing a grounded and responsive state.
- Trusting instincts and discovering a truthful range of expression.
- Releasing habitual patterns to reveal deeper emotional and physical availability.
- Cultivating heightened sensitivity to the moment.

The Tasting Principle

Formerly referred to as The Pleasure Principle, “Tasting” in acting fosters a more relaxed and expressive physicality, encouraging natural and engaging movement, posture, and gesture. This attunement to the body empowers actors to make bolder, more interesting choices in their portrayals.

- Developing a relaxed and expressive physicality.
- Encouraging natural, engaging movement, posture, and gesture.
- Making bolder, more interesting choices in performance.
- Taking risks and experimenting with interpretations.
- Uncovering new ways to deliver lines and emphasise specific words.
- Discovering hidden meanings, subtext, and richness in the language.

Deconditioning Old Habits

The work is dedicated to exploring presence through embodiment practices, aiming to liberate actors from traditional acting habits. By utilising grounding techniques, actors are guided to release societal and cultural conditioning, unlocking a state of performance where body, mind, emotion, and instinct intertwine.

- Exploring presence through embodiment practices.
- Releasing societal and cultural conditioning through grounding techniques.
- Liberating the actor from habitual performance patterns.
- Activating the senses to achieve a state of exhilarating presence.
- Establishing synergy among body, mind, emotions, and instincts.
- Delivering captivating, authentic performances rooted in the present moment.

Voice & Language

As part of the Physical Lab methodology, actors also explore voice and language as essential extensions of embodied presence. Vocal work centres on uncovering one’s true voice by stripping away socially conditioned habits and allowing a more grounded and resonant sound to emerge.

- Exploring voice and language as extensions of embodied presence.
- Uncovering the true voice by releasing conditioned vocal habits.
- Allowing a more grounded and resonant sound to emerge.

- Investigating the architecture of language — its textures, rhythms, and shapes.
- Revealing nuance and subtext within the text.
- Letting language come alive in performance through tasting.

Learning Outcomes

By the completion of the training, participants will:

- Demonstrate increased presence and embodied awareness.
- Access greater freedom in body, breath, voice, and imagination.
- Develop stronger listening and relational skills.
- Approach text with greater clarity and specificity.
- Recognise and work constructively with personal limitations and habits.
- Understand the conditions that support their best work.
- Develop greater artistic confidence and autonomy.
- Begin to establish a personal and sustainable acting process.
- Strengthen their connection to authenticity in performance.
- Gain practical tools for continued artistic growth.

Role of the Facilitator

The facilitator serves not as an authority who provides answers, but as a guide who creates conditions for discovery. Through observation, challenge, support, and dialogue, the facilitator helps participants deepen awareness, expand possibilities, and refine their craft.

The goal is not dependence on a teacher or method. The goal is empowerment.

Actors are encouraged to become increasingly capable of recognising, trusting, and developing their own artistic intelligence.

Closing Statement

This training is ultimately an invitation into a deeper relationship with oneself, one's craft, and the creative process. It asks participants to cultivate awareness, courage, curiosity, discipline, and openness.

Through embodiment, presence, and individual artistic discovery, performers develop not only stronger technical skills but also a clearer connection to their own authenticity.

The aim is not simply to create better performances.

The aim is to support the development of artists who can meet the demands of their profession with truth, freedom, individuality, and a deep sense of personal ownership over their craft.

In this way, acting becomes more than a technique. It becomes a practice of presence, self-discovery, and conscious artistic expression.