BEFORE YOU ARRIVE

PREPARING FOR A LAB

Thank you for your interest in Physical Lab — we're so looking forward to welcoming you to the upcoming workshop. Below you'll find everything you need to prepare ahead of our time together in the studio.

01 WORKSHOP PREP

Choose a short piece of text and get to know it well before you arrive — your own choice, or one from our Suggested Texts below.

You may also partner up and prepare a scene. Just arrange any pair work in advance, and bring an extra copy for each additional role.

02 CHOOSING TEXT

Bring a character you'll be rehearsing soon, one you've always wanted to explore, or one that challenges you — qualities you find difficult to connect with. Pick whatever excites you most, then let's rock with it!

It doesn't have to be a monologue: bring a scene and ask a fellow actor to partner with you. Our Labbers are always willing to help.

10–20 LINES

is plenty to work from, with one page as the maximum. A shorter text you know well beats a longer one you're anxious about.

OFF BOOK

Knowing your text by heart frees you to fully experience the exercises. It's strongly encouraged, but not a requirement.

ANY LANGUAGE

Work in whatever language feels most comfortable — just bring an English copy of your text for your instructor(s).

03 WHAT TO BRING

- ☐ **Clothes to Move In** — Comfortable, suitable for physical work.
- ☐ **Bare Feet** — Encouraged where possible — socks are fine too.
- ☐ **A Refillable Water Bottle** — Stay hydrated through the day.
- ☐ **Notebook & Pen** — For notes and reflections.
- ☐ **Your Text** — Plus copies for any scene partners.
- ☐ **An Open Heart & Mind** — The most important thing of all.

NEED INSPIRATION? SUGGESTED TEXTS

PHYSICALLAB.CO.UK/SUGGESTED-TEXTS →

CONTEMPORARY

Monologues from contemporary stage, television and film.

DOWNLOAD PDF →

CLASSICAL

Shakespeare & other Classical writers.

DOWNLOAD PDF →

SCENES

Duologues from contemporary and classic stage and film.

DOWNLOAD PDF →