

# ODDLY MOVING

CIRCUS THEATRE



## Devising Theatre with Autobiography Workshop



Physical theatre devising techniques that include movement exercises, object manipulation, improvisation and free writing to give participants the tools to create stories from their own lives.

We will stories about what we carry; hopes, responsibilities and experiences.

The exercises will encourage learning and creativity, self-reflection and resilience building whilst also developing a strong group dynamic through listening and sharing exercises.

Designed by;  
[Oddlymoving.co.uk](http://Oddlymoving.co.uk)

Supported by;  
[TurtleKeyArts.org.uk](http://TurtleKeyArts.org.uk)

Input from;  
[Otrbristol.org.uk](http://Otrbristol.org.uk)

Devising Theatre  
Exploring Relationships  
Cultivating Empathy  
Building Trust

Creating Stories  
Developing Resilience  
Public Speaking  
Team Building

KS3, KS4, KS5, sixth form colleges, universities, 16 – 26yrs youth groups

Socially distanced or over zoom.

### Contact

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### Costs

Half Day - £250  
Full Day - £450