



**Theatre Ontario**  
**Creating Dynamic Characters: A Physical Theatre**  
**Workshop**

Instructor: Melinda Little  
Length: 2 hours

This dynamic workshop will engage participants with how they move, how to create characters physically and how moving in new ways can deepen and expand emotional expression as a performer.



Using Laban Movement as a springboard, participants will explore how discovering their personal preferences in movement can help them move differently in order to create character. Rudolf Laban was a movement theorist and choreographer who created a system of analyzing and describing movement. Embodying his rich words that describe movement can offer participants anchors for staying rooted in the body and sensory experience. If you've ever felt you'd like to trust your impulses more as a performer this is a workshop for you!

Students will be given concrete tools that will allow them to develop and importantly, sustain their creative physical explorations into character.

The workshop will include:

- a fun warm up geared to all levels of movement experience
- exploration of qualities of movement (with music)
- creation of character through structured improvisations and games

Not only useful for performers, this work can offer a way for directors to approach the style of a production and writers a way to approach the different rhythms of characters.

This workshop is open to all. No movement experience is necessary just an openness and willingness to play!

Participants should wear clothes that are comfortable for moving and bring a bottle of water.

Melinda Little is an actor, writer and teacher who has been performing for over 20 years across Canada. She specializes in physically based performance and new work. She has taught movement at Sheridan College, George Brown College, the University of Waterloo, the Randolph College of the Performing Arts, Stratford's Birmingham Conservatory among many other places. She is a Certified Laban Movement Analyst and holds a MA in Movement Teaching and Direction from the Royal Central School of Speech and Drama in London, UK.