Movement

Aims:

- To introduce core training in physical movement skills, enabling the student to gain flexibility, strength, and co-ordination.
- To introduce the student to movement improvisation, based on the principles of contemporary dance, where movement options are explored and analyzed, in solo, partner, and group forms.
- To allow the student to gain confidence in finding his/her own freely expressed authentic movement, in a safe environment.
- To examine form, line, shape and dynamics in related art forms, such as music and visual art, and to see their correspondences in the body.

Description provided by the Gaiety School of Acting – National Theater School of Ireland