

Hour	Saturday 18 July	Sunday 19 July	Monday 20 July	Tuesday 21 July	Wednesday 22 July	Thursday 23 July	Friday 24 July	Saturday 25 July	Sunday 26 July	Monday 27 July
8:00 - 8:30		Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom
8:30 - 9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 - 9:15		Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements
9:15 - 9:35		Mindfulness topic the day "Ensemble / Community" Meditation 5 min	Mindfulness topic of the day "Truth" and 6 min meditation	Mindfulness topic of the day "Awareness" and 7 min meditation	Review of the previous three days	Mindfulness topic of the day "Simplicity" and 8 min meditation	Mindfulness topic of the day "Collaboration" and 9 min meditation	Mindfulness topic of the day "Love" and 10 min meditation	Review of the previous three days	Mindfulness topic of the day "Service" and 10 min meditation
9:35-10:15	Light yoga warm-up	Physical/vocal warm-up (yoga, structure work, linklater voice)	Physical / vocal warm-up	Physical / vocal warm-up		Physical / vocal warm-up	Physical / vocal warm-up	Physical / vocal warm-up		Physical / vocal warm-up
10:15-10:45	What does Mindfulness mean to you? What are qualities of Mindfulness? What are qualities of theatre/ performance?	Building a Character: What is Character? What is having Character? What is A Character?	What is Spacial Awareness? Zip,Zap,Zop; Bippoty bop...	What is a story: structure, plot; beginning, middle, end; comedy vs tragedy		View points; The question game; Walking game; two-line scenes.	Performance group scene work	Scene work performed		

