

PUSH Physical Theatre
www.pushtheatre.org

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[physical theatre]

PUSH Workshop Technical Requests

Technical Needs for Adult Workshops

Teaching Artist Needs:

1. Enough **space** for students to move freely and safely.
2. Access to **electrical outlets**.
3. One **CD player** to be used as a back-up.
4. A **chalk or dry-erase** board.
5. A **warm, quiet, private room**.
6. Learning new movement for the first time can be intimidating when people are watching. **No observers**, except by special request - i.e. Serious learning observers who can be absolutely quiet. However, any students that find any of the work to demanding physically can modify their work level as appropriate.
7. Teaching artist will have bare feet. **Floor** must be swept, vacuumed or mopped and free of debris.
8. Teaching artist should be notified of any **physical, emotional or learning challenges** for any students.
9. Occasionally video clips will be shown to students as part of the workshop. For small groups this can be done using the artist's laptop computer. But if a projector is available this will be helpful. A VGA cable to the projector must also be provided.

Student Preparation:

1. Students should wear **adhesive nametags** with student names written clearly in block letters.
2. Students should wear **comfortable clothes** such as dance, workout or gym clothes. Clothing should cover the body appropriately when students are bending or upside down.
3. Depending on the floor surface students may wear socks or bare feet.
4. Students will need a **pen, paper, and water bottle**.
5. Ideal **number of Students** – 10 to 30. Special arrangements can be made to accommodate larger groups with advance notice.