



2FACED
DANCE

HE + PROFESSIONALS

WORKSHOP PACK 2023

A series of intensive workshops investigating 2Faced's unique methodology and approach to highly physical contemporary dance.

Designed to inspire and challenge participants to explore their own movement potential

B P M .

A 3 day intensive where you and your students get to explore each area in detail, gaining a deeper understanding, further knowledge and increasing skills.

6 hours per day x 3 days

BODY - DAY 1

explosive. physical. daring.



Strong complex and technical, day 1 demystifies 2Faced's unique perspective on physicality and divulges secrets on executing daring, athletically intricate movement through developing your understanding of the underlying principles which allow us to throw our bodies through the air, into the floor and into each other with ease and safe practice.

PERFORM - DAY 2

push. challenge. learn.



On day 2, investigate 2Faced Dance's extensive catalogue of critically acclaimed work. Delve into repertoire from RUN, Dreaming in Code and EVERYTHING [but the girl]. Use the rep to physically and artistically challenge yourself. Gain insights into our on stage methodology.

MIND - DAY 3

creative. bold. authentic.



On the final day, explore Tamsin Fitzgerald's unique approach to creating athletic yet human work. Find ways to generate authentic movement from extensive imaginative world building, the dancers and audiences connection to music and above all.....fearlessness.



BODY.

Breaking down foundational principles of highly physical contemporary dance

Min. 2 Hour Workshop

Body provides a deep dive into the fundamental principles underlying the movement language of 2Faced Dance.

Follow 2Faced Dance's professional dancers through an exploration of the unique principles which allow dancers to fully utilise their movement to execute athletic and intricate movement safely and effectively, by ourselves and with other people and to deepen their understanding of what's happening in the body.

Finding efficiency through functionality.





PERFORM.

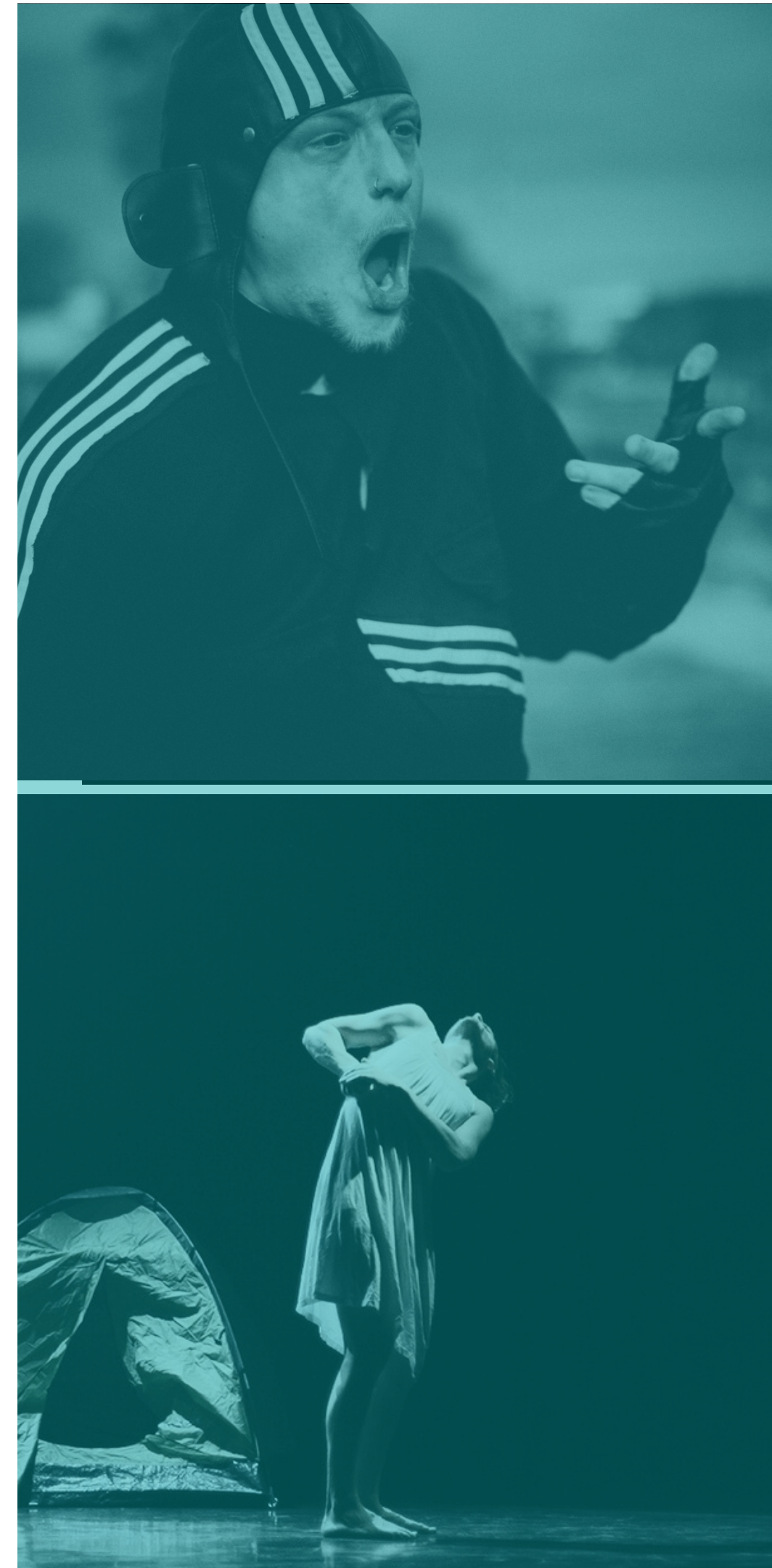
An integrated approach to fully embody
our choreography & movement

Min. 2 Hour Workshop

Participants will be immersed in 2Faced Dance's extensive repertoire of performance work.

These workshops will be tailored to individual groups drawing from 2Faced's extensive back catalogue of both indoor and outdoor repertoire. Participants have the opportunity to apply and utilise techniques covered in the 'BODY' workshop to experience what life as a 2Faced Dance dancer is like on stage.

Exploring movement through choreography.



MIND.

Utilising play, fun, and most importantly....
What if?

Min. 2 Hour Workshop

Mind is a workshop designed to transform your approach to choreography and movement making, utilising world building as a means to generate tonally nuanced and authentic movement.

Guided by Tamsin Fitzgerald's ideology, participants create fearlessly and without judgement in focused yet playful environments, using tasks, improvisational techniques and multidisciplinary research to inform generating movement and sculpting choreography with integrity.

Generating movement from world building and play based investigation.





BOOKINGS

To book our most popular package, The BPM 3 day intensive, or each workshop separately, please get in touch by dropping us an email.

We also offer bespoke workshops, choreographic commissions, residencies and placements. Please visit our website or send us a message on our socials for further info.



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