

theatre KAPOW  
2017 Artists Retreat Schedule  
(subject to change)

	Sunday 8/6	Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11	Saturday 8/12
9 am - 10 am	Set up time	Checkin / Warmup	Checkin / Warmup	Checkin / Warmup	Checkin / Warmup	Checkin / Warmup	
10 am - noon	Check-in / Warmup	<b>Posture and Vocal Massage w/ Megan Stewart</b>	<b>Devised Theatre w/ Jason Lambert</b>	Viewpoints/ Improv	Text and Choral Voice	Composition/ Exploration	Rehearsal
	<b>Yoga w/ Gail Angellis (11 am)</b>						
12.00 - 1 pm	Lunch!						
1 pm - 3 pm	Design and Aesthetic for Season 10	Project Intro	<b>Mask w/ Leslie Pasternak</b>	<b>Tai Chi w/ Sifu Aaron</b>	Physical Improvisation (List Dance)	TBA	2 pm Informance and Community Social
3 - 5 pm		Composition/ Exploration	Composition/ Exploration	Composition/ Exploration	Composition/ Exploration	Composition/ Exploration	

Fees: \$25/day or \$100 for the week

To register for a day or the whole retreat, please visit

<http://www.tkapow.com/retreat2017.html>