

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	Checkin / Warmup	Checkin / Warmup	Checkin / Warmup	Checkin / Warmup	Checkin / Warmup	Checkin / Warmup	
10 am - noon	Yoga w/ Gail Angellis	Posture and Vocal Massage w/ Megan Stewart	Devised Theatre w/ Jason Lambert	Viewpoints/ Improv	Text and Choral Voice	Composition/ Exploration	Rehearsal
12.00 - 1 pm	Lunch!						
1 pm - 3 pm	Design and Aethetic for Season 10	Project Intro	Mask w/ Leslie Pasternak	Tai Chi w/ Sifu Aaron	TBA	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>