



2017 Artists Retreat

Welcome to the 2017 theatre KAPOW Artists Retreat! We'll be exploring and training to begin work on our tenth anniversary season.

Directions: All activities will be held in the barn and on the grounds at Chanticleer Gardens in Dunbarton, New Hampshire.

- From the north:
Take 89 to exit 2. Take Rte 13 S (Clinton Street). After 4 miles, turn left to stay on Rte 13 S. The barn will be on your right 3 miles from the turn.
- From the south:
Take 93 N to 101 W to 114 N through Goffstown to 13 N. Stay on Rte 13N through Dunbarton. The barn will be on your right .5 miles north of downtown Dunbarton.

Parking: Road-side parking on Route 13.

What to Bring/Wear: We'll be working in the barn and outside on the farm in August, so come prepared for heat!

- Water bottle
- Bathing suit and towel if you'd like to swim in the pond
- Sunscreen
- Bug spray
- Sunglasses/hat
- Yoga mat (optional)
- Camp chair (optional)
- A journal/notebook and a pen/pencil
- Snacks and meals (see further info below)
- Come dressed to move (no jeans, dresses or skirts). Clothes that show the contours of the legs, knees and upper body (shorts, bicycle shorts or leggings) are recommended.
- Most classes (indoor and outdoor) will be conducted in bare feet.

Schedule: Spaces will be accessible from 8.30 am until 8.30 pm. See the attached schedule.

Meals: Participants are responsible for their own meals. Coolers will be available to keep food and drinks cool.

For a break from the brown-bag lunch or dinner, there are a few places close by:

- Page's Country Store & Deli: 15 Concord Stage Road, Dunbarton (3 miles)
- Apotheca Flower & Tea Shoppe: 24 Main Street, Goffstown (6 miles)
- Sully's Superette: 10 N. Mast Rd, Goffstown (6 miles)
- Vikster's Pizza: 23 Main St, Goffstown (6.2 miles), 603-497-8211
- China Gourmet: 25 Main Street, Goffstown, (6.3 miles), 603-497-3631
- Blue Moose Café: 20 Main Street, Goffstown, (6.2 miles), (603) 345-0479

How to prepare

Common text is very useful. Particular selections of text to memorize include:

Magic Words

In the very earliest time,
when both people and animals lived on earth,
a person could become an animal if he wanted to
and an animal could become a human being.
Sometimes they were people
and sometimes animals
and there was no difference.
All spoke the same language.
That was the time when words were like magic.
The human mind had mysterious powers.
A word spoken by chance
might have strange consequences.
It would suddenly come alive
and what people wanted to happen could happen –
all you had to do was say it.
Nobody could explain this:
That's the way it was.

Songs My Mother Taught Me

I am just an ordinary woman
who has never had visions.
But I will tell you what I can
about this world I know
and about the other worlds I do not know personally.
I don't even dream at night,
for if I could dream I would know more than I do.
People who dream
hear and see many important things. In sleep
people can live completely different
from real life.

I believe in dreams
but not being a dreamer myself
I only know what every child learns from his mother,
for mother tell children stories at bedtime
to put them to sleep
and it is from these stories

we learn about things.
I have never forgotten the old tales
I heard from my mother.
I have told them to my children and grandchildren,
and I will tell them to you.

Questions?
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