



2018 Artists Retreat

Welcome to the 2018 theatre KAPOW Artists Retreat! We'll be exploring and training to begin work on our eleventh season and new piece two-year project.

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. Selections of text to memorize include:

One must be oneself

One must be oneself; for oneself and one's own
one must do one's best, both in great and in small things.
If the luck goes against you, at least you've the honour
of a life carried through in accordance with principle.
Now homewards! Though narrow and steep the path,
though Fate to the end may be never so biting —
still old Peer Gynt will pursue his own way,
and remain what he is: poor, but virtuous ever.
Forward and back, and it's just as far;
out and in, and it's just as strait. —
Time wears away and the river gnaws on.

A SIGHING IN THE AIR

We are songs; thou shouldst have sung us!
A thousand times over hast thou cowed us and smothered us.
Down in thy heart's pit we have lain and waited;
We were never called forth. In thy gorge be poison!

DEWDROPS

We are tears unshed for ever.
Ice-spears, sharp-wounding, we could have melted.
Now the barb rankles in the shaggy bosom;
the wound is closed over; our power is ended.

BROKEN STRAWS

We are deeds; thou shouldst have achieved us!
Doubt, the throttler, has crippled and riven us.
On the Day of Judgment we'll come a-flock,
and tell the story — then woe to you!

Forward and back

Forward and back, and it's just as far.
Out and in, and it's just as strait.
No! — like a wild, an unending lament,
is the thought: to come back, to go in, to go home.
Roundabout, said the Boyg!
Ah, no; this time at least
right through, though the path may be never so strait!

Solveig

Sleep thou, dearest boy of mine!

I will cradle thee, I will watch thee —

The boy has been sitting on his mother's lap.

They two have been playing all the life-day long.

The boy has been resting at his mother's breast

all the life-day long. God's blessing on my joy!

The boy has been lying close in to my heart

all the life-day long. He is weary now.

Sleep thou, dearest boy of mine!

I will cradle thee, I will watch thee.

Questions?

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