

# Laura Weston Movement

London / UK

+44 7907976871

[laura.weston1@me.com](mailto:laura.weston1@me.com)

[www.laurawestonmovement.com](http://www.laurawestonmovement.com)

Vimeo Reel: <https://vimeo.com/344742527>



## Artistic Practice

My artistic practice brings together methodologies and frameworks that intersect dance, theatre and movement. From my contemporary/modern dance and contact improvisation roots I continue to explore the space between things, movements, ideas, people using composition tools I have developed and built upon over the last 2 decades. In all the work I create I am seeking to find presence, connection, and an aliveness where, as performers, we can feel the image **and** the reality of what we are doing. My practice explores movement as the foundation of all things through a variety of modes of expression, some structured, some improvised and some using scores. I collaborate with dancers, actors, and movement artists to develop their voice, physical expression, and their own artistic identity. I work with voice, sound, movement, form, and improvisations as keys to open the creative being in all of us. As a yoga practitioner I am also interested in the development of self-awareness and mindfulness through movement, breath and mediation and bring tools from those practices into my creative spaces.

## Training & Education

BA Hons Dance Theatre (1st Class Hons) 2002-2005 Trinity Laban

MA Dance Performance (Distinction) 2005-2006 Transitions Dance Company/ Trinity Laban

STOTT® Certified Pilates Instructor & Yoga 200 Hour Teacher Training at LEVELSIX (Yoga Alliance Registered)

## Choreographic/Directing Credits [selected]

NO DRINKS ON THE DANCE FLOOR (Dec 2022-April 2023) Director/choreographer for ACE funded multidisciplinary project.

ODE (2022) Choreographic Series #6 Atom Theatre Bulgaria [choreographer]

PROUD (2022) Natalie Te Paa/ Music video [Director]

NOTHING NICE TO SAY (2021) Remember Monday/ Music Video [Choreographer]

KING LEAR (2021) by Mountview directed by Dan Herd [Movement Director]

CORAM BOY (2021) by Mountview directed by Steve Grihault [Movement Director]

DANCE LAURA DANCE (2021) Music Video in collaboration with Sleep Walking Animals [Director]

EPISODES:FRAGMENTS:BITS (2021) INTOTO Dance Company at London Studio Centre [Choreographer]

HAMLET (2020) by Mountview directed by Dan Herd [Movement Director]

MACBETH (2020) by Guildford Shakespeare Company directed by Charlotte Conquest [Movement Director]

A CLOCKWORK ORANGE (2020) by Mountview directed by Dan Herd [Movement Director]

FLUX#LC / (don't) touch me (2019) at Curve Leicester by STATE OF FLUX [Director & Creative Producer]

SWALLOWS AND AMAZONS (2019) by Mountview directed by Steve Grihault [Movement Director]

FLUX#1 (2018) at The Silver Building, London [Director and Creative Producer]

ROBIN HOOD (2018) by Guildford Shakespeare Company [Movement Director]

CHOIR #1 (2018) performed by students at The Guildford School of Acting [Director]

THE TAMING OF THE SHREW (2017) Patalenitsa Shakespeare Festival Bulgaria [Movement Director]

TWELFTH NIGHT (2016) Patalenitsa Shakespeare Festival Bulgaria [Movement Director]

ROMEO AND JULIET (2016) Teatro di Ristori, Verona, Italy dir. Lindsey Kemp & Jaq Bessell [Laban Coach]

GRIMMS' FAIRY TALES (2016) Guildford Shakespeare Company [Choreographer]

THE LOCAL STIGMATIC (2016) The Old Red Lion Theatre, London dir. Michael Toume [Movement Director]

ROMEO AND JULIET (2015) Patalenitsa Shakespeare Festival Bulgaria [Movement Director]

HAG (2013) Wrong Crowd Theatre Company/ Edinburgh Fringe Festival [Movement Director]

## Performing Credits

2006-2009 | SARAH MICHELSON works include: DOGS | BAM, New York; Hau Eins, Berlin | DOVER BEACH | Chapter Arts Centre Cardiff; The Kitchen, New York | SWAN LAKE (UK tour)

2013 & 2018 | GARY CLARKE | The Soundtrack to Our Lives | Wasteland R&D

2012 | ROSIE WHITNEY-FISH | Femme Fatales | The Place, London.

2014 | KAISER CHEIFS [MUSIC VIDEO] Meanwhile Up In Heaven | Directed by JAMES SLATER

2005-2006 | Transitions Dance Company | Artistic Director | DAVID WARING

2006 | UNTSIL LIFE | UK & INTERNATIONAL TOUR | CRYSTAL PITE

2006 | FOLD & TWINE | UK & INTERNATIONAL TOUR | THOMAS HAUERT

2006 | UNDERGROUND | UK & INTERNATIONAL TOUR | RASHPAL SINGH BANSAL

2005 & 2006 | BY YOUR LEAVE | UK & INTERNATIONAL TOUR | WRESTLE AN ANGEL | LONDON | SACRED GEOMETRIES LONDON | ATHINA VAHLA

## Freelance Teaching & Workshop Facilitation

I have been working in a range of training environments in the UK and internationally alongside my creative projects, sharing my artistic practice through skills teaching and supporting participants in their movement development. I teach trainee dancers, actors, musicians, and movement practitioners from all ages and backgrounds as well as facilitate workshops for professional performance artists or recent graduates.

LONDON STUDIO CENTRE Movement and dance practitioner for the Contemporary Dance Pathway, teaching Voice For Dancers & Contact Improvisation and Pilates across all course (since 2012)

MOUNTVIEW Movement Tutor for Foundation, BA and MA programs delivering movement projects, workshops, skills classes in movement (including Laban, contact Improvisation, movement fundamentals, Elements, Archetypes) audition panellist and movement direction on 3rd Year productions (Since 2018)

RCCSD (Feb 2022)

Movement Workshop for Actor Training and Coaching MA.

ARTS EDUCATIONAL SCHOOL (2021)

Movement and Animal studies BA Musical Theatre 1st Years.

ROSE BRUFOD COLLEGE Movement Practitioner for the BA European Theatre Arts, BA Acting and Actor Musician students (since 2017)

GUILDFORD SCHOOL OF ACTING (2010 – 2018)

Delivering Movement for Actors across the BA Acting, MA Acting, BA Actor Musician, BA Musical Theatre and Foundation Acting programs; audition workshops and panels; offering movement support on in house projects as well as working collaboratively with external directors on professional productions as choreographer/movement director. I worked closely with the acting and dance departments teaching contemporary dance technique, contemporary ballet, Pilates for acting and musical theatre students.

BARBICAN/GUILDHALL Movement Director for “Summer Arts Camp” 2017 & 2019 and “Into the Night” Family Dance 2019 as part of the Creative Learning Department/Community Dance.

IDENTITY SCHOOL OF ACTING Movement Tutor across programs teaching Laban, element work and somatic movement skills (2019)

LABAN AND SHAKESPEARE WORKSHOPS co facilitating open workshops for professional actors and dancers with Dr. Jaq Bessell (London 2019 & Italy 2016)

STATE OF FLUX Movement Workshops (London & Leicester 2019) Running workshops for professional movement artists sharing elements of the process of *(don't) touch me* a piece created in 2018 about human connection, touch and intimacy.

## International Projects & Teaching Experience

ATOM Theatre / Choreographic Series – Bulgaria (2022) Workshop facilitator and choreographer.

Bulgarian Exchange Project (2015-2017) – Leading bi-lingual workshops exploring movement and text

International Youth Theatre Festival Bulgaria (2017) – Movement workshops for 5-18 years.

Bode Theatre School, Norway (2010) Laban Movement workshops for actors and dancers

## Freelance Yoga Teaching

THE YOGA SPACE LONDON | Dynamic Vinyasa, Mindful Flow, Pilates classes, masterclasses.

BLACKHEATH YOGA | Vinyasa Flow

1-1 Private Yoga Teaching | online and in person

OPEN THE HEART; Mini Retreat at The Yoga Space London [OCT 21]. 6 hours of Dynamic Vinyasa, Yin and Sound Meditation and vegan lunch (co-led with Dolores Kavanagh)

FLOW TO RESTORE: Mini Retreat at The Yoga Space London [DEC 21]. 6 hours of Dynamic Vinyasa, Yin and Sound Meditation and vegan supper (co-led with Dolores Kavanagh)

CHESTNUT TREE DAY NURSERY [SEPT 21] Meditation and Yoga workshop for nursery teachers' wellbeing week

MOUNTVIEW ACADEMY [OCT 2018 - MARCH 22] Yoga for actors wellbeing.