

THE URBAN PLAYGROUND TEAM CPD WORKSHOP

Free Performance-Parkour workshop for Dance professionals & teachers

2PK, or Performance-Parkour is the choreographic language of parkour (free-running).

This workshop will look at how 2PK can be used alongside contemporary and urban dance to extend movement vocabularies, differentiation and creative exploration. Participants will explore a series of games and creative tasks on one of the UPGTeam sets and learn fundamental 2PK techniques that can be applied to any set or architecture.

The UPGTeam has been working with one of Parkour's co-creators for the last 13 years, and together they have performed and taught across five continents for clients including the British Council and National Theatre. This workshop will be led by the company co-directors who are both DDTAL qualified teachers.

SUN 20 OCT
10-1pm

Fairfield Halls
Park Lane
Croydon
CR9 1DG



For more information & booking please contact:
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