

NTN ACTORS' LAB

MAY– JULY 2026

SCHEDULE

Date	Day	Time	Level	Theme	Facilitator	Synopsis
9 May	Saturday	09H00– 13H00	Beginners	Stage Basics: Presence, Confidence & Connection	Nelago Shilongoh	Participants will be introduced to fundamental stage awareness, focusing on tools that activate presence, posture, and audience connection. Through guided exercises, actors will explore confidence-building techniques that support 'authentic' performance. The session establishes essential tools for grounding oneself truthfully and vulnerably on stage.
16 May	Saturday	09H00– 13H00	Advanced	Text Analysis & Emotional Truth in Performance	Hazel Hinda	This workshop aims to engage with actors' ability to interrogate text for intention, subtext, and emotional stakes. Participants will work on translating written material into lived performance experiences. Emphasis is placed on 'truthful' emotional expression grounded in an analytical process.
23 May	Saturday	09H00– 13H00	Beginners	Voice & Speech: Breath, Projection & Clarity	Lize Ehlers	Actors will explore breath control as the foundation of vocal strength and sustainability. Practical exercises will develop projection, articulation, and vocal clarity suitable for stage performance. The session supports confident communication without strain or vocal fatigue.
30 May	Saturday	09H00– 13H00	Advanced	Character Development: Inner Life, Objectives & Transformation	Hazel Hinda	Participants will investigate the psychological and emotional approach to character creation. Actors will work with objectives, obstacles, and transformation arcs to deepen performance 'authenticity'. The workshop

						includes embodied character work, through exercises, rooted in intention and imagination.
6 June	Saturday	09H00–13H00	Beginners	Movement & Physical Awareness for the Actor	Haymich Olivier	This session introduces actors to body awareness as a storytelling instrument. Through movement exploration, participants develop coordination, spatial awareness, and expressive physicality. The focus is on freeing the body to support emotional and narrative performance.
13 June	Saturday	09H00–13H00	Advanced	Improvisation & Storytelling Basics	Nelago Shilongoh	Actors will strengthen heightened spontaneity, listening skills, and ensemble responsiveness through improvisation techniques. Storytelling principles will guide participants in building narrative structure in real time. The workshop promotes creative risk-taking and collaborative performance.
20 June	Saturday	09H00–13H00	Beginners	Scene Work: Dynamics, Rhythm & Partnering (Physical Theatre)	Haymich Olivier	Participants will engage in partner-based exercises exploring timing, rhythm, and physical interaction. Scene work will highlight responsiveness, trust, and shared storytelling between performers. Physical theatre principles will be used to enhance dramatic dynamics.
27 June	Saturday	09H00–13H00	Advanced	Styles of Acting: Classical vs Contemporary Approaches	Tanya Terblanche	This workshop compares stylistic demands of classical and contemporary performance traditions. Actors will experiment with shifts in language, physicality, and performance conventions in both approaches. The session expands versatility and stylistic awareness for diverse performance contexts for stage.
4 July	Saturday	09H00–13H00	Beginners	Professional Etiquette: Auditions & Rehearsals	Lize Ehlers	Participants will learn professional expectations within audition and rehearsal environments. Practical guidance will cover preparation, collaboration, punctuality, and communication standards. The workshop equips

						emerging actors with industry-ready conduct and confidence.
11 July	Saturday	09H00-13H00	All Levels	Professionalisation in Stage Acting: Industry Practice, Contracts, Rehearsal Ethics & Career Pathways	Hazel Hinda	This session provides an overview of professional practice within the performing arts industry. Participants will engage with contracts, ethical rehearsal processes, and sustainable career planning. The workshop bridges artistic development with professional responsibility and accountability.
18 July	Saturday	09H00-13H00	Beginners	Uta Hagen Technique: Truthful Acting & Character Work	Lize Ehlers	Actors will be introduced to core principles of the Uta Hagen technique focused on authenticity and personal connection. Exercises will encourage truthful behaviour under imaginary circumstances. Participants will develop practical tools for grounded and believable performance required for stage.
25 July	Saturday	09H00-13H00	Advanced	Release, Body & Imagination: Working Through Grotowski	Tanya Terblanche	This advanced session explores physical and vocal release inspired by Grotowski's actor-training methodology. Participants will investigate impulse, imagination, and embodied expression beyond conventional technique and reliance on tech and sets. The workshop challenges actors to access deeper creative freedom and transformation.