



# EMBODYING YOUR MOCAP:

## **Movement Training for Motion Capture**

Movement Director Asha Jennings-Grant will be leading a series of movement workshops that prepares the actor for performance work required in Motion Capture. Reinforced by her specialism in actor movement, Asha approaches this particular field from a movement and physical performance perspective. Her sessions will explore ways for the actor to become more receptive and attuned to their environment (considering equipment, fellow actors and the transition from actual to imagined space). This will be drawing attention to the body and learning how this can deeply inform the execution and quality of their physical performance as well as fulfilling the technical needs of the scenes.

The workshops are suitable for actors with Motion Capture experience, aspiring Mocappers, actors with movement experience and physical performers.

**\*\*Please note these sessions will not be skill-based (i.e. stage combat, stunt, sword fighting).\*\***

Asha Jennings-Grant holds an MA in Movement Studies (Royal Central School of Speech and Drama) and for five years, has worked on a wide range of productions collaborating closely with actors, physical performers and dancers in theatre and across other art forms. She has also directed scenes at one of the largest full performance capture stage, Centroid Studios. This has included working with head mounted cameras, markerless facial capture technologies and live pre-visualisation cameras. She has created characters, virtual environments and devised cinematic scenes working closely with actors on the delivery of their physical performance.

The Taster workshop successfully took place in May 2017 and was soon followed by two **SOLD OUT** workshops, The Virtual Body and Space and In-Character!

**STAY TUNED FOR THE WORKSHOP SERIES**  
**UPDATES COMING SOON.....**