

FRINGE LAB is about creating a space for making art, learning, sharing ideas, community and network building and just having the chats!

Here is our Summer Programme of events:

# June

## Mind Yourself

Morning flow: 5-week workshops (suitable for beginners)



When things are busy as they are – meeting deadlines, writing copies, making box office projections – take a moment to disconnect and catch up with your inner self. Working in the arts, our professional, creative and social outputs are naturally connected, but let's not forget to mind ourselves too!

Fringe LAB invites you to a series of new morning workshops to sooth your mind & soul, reconnect and restore your balance. Open to Fringe community of artists and arts professionals, the classes take place from Monday to Thursday in our beautiful and bright Studio 1. Choose between yoga, tai chi, meditation and playfulness to ease into the day in your own true style.

## Monday Yoga

With: Máirín O'Grady and Aoife Minter

Dates: June 18 (Máirín) / June 25 (Máirín) / July 2 (Máirín) / July 9 (Aoife) / July 16 (Aoife)

Times: Studio opens at 8.30am, class starts at 8.45am (duration 1h)

To book contact Máirín and Aoife at: [hello@yogaglas.ie](mailto:hello@yogaglas.ie)

Cost: €10/class



Máirín O'Grady is a Yoga Teacher, Writer, and Studio Owner of Yoga Kitchen. Raised in the long grass and the green fields of Kildare she uses the practice of Yoga to nourish the roots that connect us all. Trained in Hatha, Vinyasa Flow, Womb Yoga and Yin, Máirín teaches a dynamic and holistic practice that connects you to your breath, body and heart. She is a 500hr Certified Teacher having studied, practised and grown in Ireland, India, and the UK.

Máirín's classes are flowing in style with a connection to seasons, cycles, rest and renewal, and honouring our unique place within this.



Having studied a BA in Fashion Design, Aoife shortly moved to London to pursue a career there. She always loved fitness but truly found a passion for yoga while living in the UK. After a whirlwind three years, she decided to come home to do a Post Grad in Business and Innovation in UCD. While taking a year off to study she also decided to become a yoga teacher. Shortly after finishing her exams, she got a lot of opportunities to teach yoga and have fully immersed herself into the yoga world.

Aoife's two loves are design and yoga. Although they are two very different fields, in some ways they are similar. She finds the same freedom, passion and creativity in both that can inspire and empower people, which is why she loves to teach.

## Tuesday Playtime!

With: Raymond Keane

Dates: June 19 / June 26 / July 3 / July 10 / July 17

Times: Studio opens at 8.30am, class starts at 8.45am (duration 1h)

To book contact Raymond at: [raymond@barabbas.ie](mailto:raymond@barabbas.ie)

Cost: €10/ class \*all of your monies will go to Dublin Rape Crisis Centre

Come Play with Ray

Playful exercise for the fainthearted.

You don't have to be rich.

You don't have to be cool.

You don't have to be fit...in every sense of the word.

You don't have to be an artist. And if you are there will be remedy for that too.

All you have to be is up for an hour of fun and games, a gentle warm up, and a little 'dance first think later' gentle kinda choreography to sooth and renew the heart, soul and mind. I can guarantee you that you will skip all the way to your weeks' employment or unemployment or both. It's essentially aimed at a place and time where we can gather, play, exercise and give the day ahead it's best chance.



Raymond is a founding member of multi award winning Barabbas Theatre Company. Raymond's work as clown, actor, writer and director has appeared in almost every Irish theatre and on international stages. Recent stage appearances include Nick Roth's Opera *On Hospitality*, *The Taming of the Shrew* at Shakespeare's Globe Theatre, *Hansel and Gretel* with Theatre Lovett and *Ulysses* at Abbey Theatre Dublin Theatre Festival 2017 and is back running at The Abbey....so please come see. He continues to collaborate with Sarah Jane Scaife (Company SJ) on her '*Beckett in the City*' project that continues to tour nationally and internationally. He teaches Theatre of Clown and Theatre Making at National University Ireland Maynooth, Gaiety School of Acting Dublin, The Lir Academy of Dramatic Arts Dublin and The Samuel Beckett School of Dramatic Arts Trinity College Dublin.

## Wednesday Tai Chi

With: Ross Cousens

Dates: June 20 / June 27 / July 4 / July 11 / July 18

Times: Studio opens at 8.30am, class starts at 8.45am (duration 1h)

To book contact Ross at: [ross@masterdingacademy.com](mailto:ross@masterdingacademy.com)

Cost: €10/class

A session with Ross Cousens introducing the principles of Tai Chi. A movement-based mind/body system teaching centeredness, stillness within, relaxation, flow and sensitivity. With a little bit of fun...



Ross is one of a number of qualified Master Ding Academy instructors teaching Tai Chi Chuan and Chi Kung in Ireland. He has been training under Master Ding since 1997 and has been assisting Master Ding with classes, seminars and retreats across Europe since 2001. Ross's teaching aims to integrate the life affirming principles found within the ancient Chinese practices of Tai Chi and Chi Kung, with the hectic lifestyles that we all lead today.

This fusion of the ancient and modern worlds is attained through the mindful practice of Tai Chi and Chi Kung on a daily basis. This inner discipline results in the much sought after Strong Body and Still Mind, as often described by Tai Chi texts.

The benefits? Threefold...

- 1: Stillness within: Creating a state of stillness within mind and body. Stillness allows clarity, like the clear water in a still pond. Think standing still in a field, the sun shining and a gentle breeze. All is right in the world.
- 2: Stillness in motion: Carrying stillness into the activity of body and mind. Maintaining clarity while acting. Think of walking through that field, the warm sun shining, I can observe and appreciate the warmth as I move forwards.
- 3: Stillness preserved: To attain stillness is not enough, we must maintain it when the pressure is on, when we are challenged by the forces of our lives. We are walking in our field and clouds cover the sun, I can maintain the warmth within. I carry it with me.

## Thursday Meditation

With: David Corbally

Dates: June 21 / June 28 / July 5 / July 12 / July 19

Times: Studio opens at 8.30am, class starts at 8.45am (duration 1h)

To book contact David at: [david@dublinhealthclinic.ie](mailto:david@dublinhealthclinic.ie)

Cost €10/class



David has studied and practiced with many meditation masters from Buddhist traditions around the world. Whilst having an interest in all spiritual traditions, David has been a practicing Buddhist since 2006 and follows the Kagyu practice lineage. Over 12 years on, since he embarked on his journey with meditation, David attributes much of the positive changes in his life to his efforts in taming the mind. On a journey of self-discovery and self-healing, David trained in Occupational Therapy and in Acupuncture and Traditional Chinese Medicine. Drawing from his expertise as a health therapist, David brings an all-encompassing view to

healing of body and mind.

It is with certainty that I can say how much of a positive influence meditation has had on my life. Increasingly, people comment to me on how they are trying to meditate, but they are becoming frustrated, as they cannot “stop their thoughts”. Stopping thought is an impossible task, so it is understandable why people are becoming more frustrated. I decided to start to teach meditation with an aspiration to guide people to find peace and stillness amongst the ever busy and ever changing world we live in.

In my spare time I create visual art, and having many artist friends, I fully appreciate the impact of lifestyle and creative mindset of artists. I find that meditation helps me to embrace and explore my own creativity. I would be delighted to help artists and community to learn meditation and relaxation techniques that may bring benefit to their well being and creative processes. My approach to meditation is of a practical and holistic nature; exploring health through mental, physical, emotional and spiritual experience.

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## Deadline Dramaturgy

June 19, 6.30 – 8.30pm

FRINGE LAB, Studio 2

Admission: FREE

RSVP to [programming@fringefest.com](mailto:programming@fringefest.com)

Your show has been programmed in Dublin Fringe Festival. Yay! It’s going up in a few months. Feeling the deadline pressure? It’s time to stage a dramaturgical intervention.

Dramaturgs normally work from the early conception stages on a performance, from concept through research into rehearsals. However, if time is short, a dramaturg can offer a period of facilitation on script drafts, ensemble improvisations or workshops merging text and performance. A dramaturg can:

- assess the material you have gathered to date against the intentions you started the project with;
- offer verbal and written feedback on text or floor work;
- contribute to organising a process of work that maximises the time you have to develop your show;
- combine the notes on text and performance with that process and create objectives and desired outcomes, a roadmap for your project;
- offer you reflexive, informed critical feedback as the work nears completion;
- write program notes, online support material and press release info to give context to the show and the artistic ambitions behind it.

Come meet dramaturgs Joanna Crawley, Thomas Conway & Pamela McQueen at Fringe Lab. Hear about development of previous Fringe shows & other methods of doing dramaturgy. Bring lots of questions for an open floor discussion about supporting your show for Fringe 2018.

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## Elevenes

June 29, 11am

FRINGE HQ, follow the scent of freshly brewed coffee

For newcomers, Elevenes was set up as an opportunity for artists who are freelance, work on their own or are just in the area and fancy popping by to connect with other artists, theatre makers, producers or freelancers over a cup of tea or coffee. It's also a chance to connect with the Fringe team on an informal basis and to have a look around the facilities available at FRINGE LAB, if you haven't yet been into Fringe HQ. And there's always something nice to eat!

Last Friday of every month. No need to RSVP, just drop by at 11am. New faces and repeat attenders welcome!

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## Studio 2 Procrastination-be-gone open day

June 29, 10am – 6pm

FRINGE LAB, Studio 2

Pop into Fringe HQ to avail offree hot desk facilities in Studio 2 for a day of communal community working. Why not choose this day to do the thing you have been procrastinating about for weeks and do it in a room full of fellow artists! No need to book, first come, first served.

# July

## Mind Yourself

Morning flow 5-week workshops – *continued*

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## Podcasting with Stephen Colfer and Erin McGathy

July 3, 6.30 – 8pm

FRINGE LAB, Studio 2

Admission: FREE

RSVP to [programming@fringefest.com](mailto:programming@fringefest.com)



Stephen Colfer, co-creator of *Dreamgun Film Reads* and Erin McGathy, host of *This Feels Terrible*, present a Podcasting Workshop where the workshop will be recorded and released as a podcast. This workshop will feature a creative discussion of Stephen and Erin's experience in podcast making which they'll record live. Then Stephen will take that recording and release it as a podcast in front of your eyes, in the process providing a technical walkthrough of how to get a self-produced podcast online.

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## FRINGE FUSE: Music edition with Alma Kelliher

July 19, 7pm – 8.30pm

Studio 10. 10 Wicklow Street

€5 admission

RSVP to [programming@fringefest.com](mailto:programming@fringefest.com)



‘In my years working in theatre, I’ve seen the role of music flourish from being an atmospheric anchor, to now being the beating heart of so many pieces. When you combine live music with spoken word, dance or theatre you can create something very special, a visceral shared moment for the audience. Join us for this very special Fringe Fuse night, where an eclectic group of artists explore the musical ideas at the core of their upcoming work’.

Alma is an award winning composer, sound designer and musician, working throughout Ireland, Europe, Australia and America. She works with many media including theatre, dance, live art, music and film. She blurs the lines between music and sound in all of her work including *RIOT* by THISISPOPBABY, *riverrun* with Olwen Fouéré, *The Casement Project*, and *The Elephantom* on the West End. This autumn Alma will release her debut electropop EP as LUX ALMA. She is a member of The Evertides – a musical trio influenced by folk, gospel and vocal harmony.

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# Elevenes

July 27, 11am

Join us for our regular coffee morning in Fringe HQ!

For newcomers, Elevenes was set up as an opportunity for artists who are freelance, work on their own or are just in the area and fancy popping by to connect with other artists, theatre makers, producers or freelancers over a cup of tea or coffee. It's also a chance to connect with the Fringe team on an informal basis and to have a look around the facilities available at FRINGE LAB, if you haven't yet been into Fringe HQ. And there's always something nice to eat!

Last Friday of every month. No need to RSVP, just drop by at 11am. New faces and repeat attenders welcome!

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# August

## Let's get audio-visual

### A crash course in QLab with Ivan Birthistle

August 1, 10am-5pm

FRINGE LAB, Studio 2

Admission: This workshop is for 2018 Dublin Fringe Festival programmed artists only.

**\*LIMITED TO 10 PARTICIPANTS ONLY** (Places issued on a first come first served basis!)\*

RSVP to [programming@fringefest.com](mailto:programming@fringefest.com) to secure your place.

A day-long workshop for anyone planning to use audio playback or a projector as part of their event. Make sure that the person who will be taking care of the authoring and playback of video or sound for your event attends – whether that's a dedicated sound/projection person, the director or another member of your team – don't worry if they or you are a newbie to this kind of technology! The workshop will outline simply how your AV can be run in rehearsals and how to make it happen in the venue. It's really not as difficult as you may think. We'll go over how to use FREE software like QLab, which will be the main feature of the workshop (anything else will be incidental). Please note that while you can download QLab for free it only becomes usable for video when you rent or buy a license.

Primarily the information acquired in this workshop would be useful to directors/makers who design their own sound and wish to compile tracks or work with sound and video in rehearsal and simply bring that to the stage without having to hire sound and video technicians. If theatre practitioners are using sound or video design that is in any way beyond absolutely basic then they should engage appropriately skilled technicians or designers. Simply turning up to a venue with audio and video files on a USB stick will incur the wrath of many! It's not absolutely necessary, but if you have a Mac laptop, it might be a good idea to bring it for this workshop.

**This workshop is HIGHLY recommended for all festival artists who will be using AV equipment, for those using sound or projectors for the first time and for those who want to make the transition from rehearsal room to venue as smooth as possible.**



## FRINGE LAB Spaces

### STUDIO 1 – STUDIO SPACE

A dedicated space for the development of new work. It's available free of charge 12 hours a day, seven days a week on an application basis. See [fringefest.com](http://fringefest.com) for more!

### THE CELL – OFFICE SPACE

A quieter office space dedicated to writers and producers who need silence to work or write. This small office space is available from Monday to Friday, 10am- 6pm and is booked in advance.

### FRINGE LAB FOYER

A drop-in facility with free Wi-Fi, a computer and access to printing facilities. Available on a first come, first served basis Monday to Friday, 10am – 6pm.

### STUDIO 2 – SPACE FOR HIRE

Need a space to rehearse? Or to hold auditions, meetings, workshops or classes? Studio 2 at FRINGE LAB is available to hire! For very competitive rates, use this bright and spacious space overlooking Meeting House Square in Temple Bar all year round. Just drop us a line at [hello@fringefest.com](mailto:hello@fringefest.com) or call 01 6706106 to make your booking.

## FRINGE LAB Artists

### FRINGE LAB Artist office:

A free, shared, lockable office space at Fringe HQ that artists can make their own. Writer Dylan Coburn Gray, actor, writer and producer Stephen Colfer, and theatre director Mollie Molumby join us from April 2018 – April 2019.

### FRINGE LAB Associate Artists:

A pilot scheme for artists who need space to grow without feeling the pressure to fit into a specific support model. We're providing space for making, meetings and workshops. But we're taking our lead from this year's associate artists: Change of Address Collective and Trans Live Art Salon.

### FRINGE LAB Hot Deskers:

Feeling isolated as a freelancer has been a recurring issue in our conversations with artists. We've opened up more hot desk space at FRINGE LAB. Artists for this pilot programme are writer and actor Noelle Brown, Jeda de Brí and Finbarr Doyle of Sickle Moon Productions, and comedian Davey Reilly.

[FRINGE LAB is funded by the Arts Council and Dublin City Council's Arts Office.](#)

If you would like to find out more about FRINGE LAB on an ongoing basis, mail [hello@fringefest.com](mailto:hello@fringefest.com) to be included in our FRINGE LAB mailing list.