

LADYFINGER

perform publish produce

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Transforming Life Experience 2019: a performance-making retreat

Practicalities:

Arrive: Between 11am and 12pm on Thursday May 2nd to High Spirits Retreat, Kin Kin, QLD. If driving from Brisbane allow 2 hours travel time. If flying into Brisbane Airport book a flight that arrives by 9.30am or earlier. Lunch will be served at 12.00pm (midday). The program will begin after lunch.

Leave: Sunday 2pm. We will share lunch before leaving. If you are flying out of Brisbane Airport book a flight that leaves at 5pm or later.

What to Bring:

- **A significant object (something that holds meaning for you)**
- Notepad and pen
- Loose comfortable clothes for stretching and indoor work
- Appropriate clothes and shoes for walking in the country
- A water bottle
- A hat
- Swimsuit for plunge pool and sauna
- Sunscreen & Insect repellent

How to get there: High Spirits is located at 297 Sister Tree Creek Road, Kin Kin. Please see directions (p.2) and map (p.3). If you are coming from interstate and would like to share hire car costs and/or driving let us know and we will try to connect you with a travel buddy.

What to Expect: You can expect to create a short self-contained solo performance. This might be a discrete piece in itself or material towards a longer work. To achieve this, we spend the first day generating, the second day composing, and the last evening and morning scoring and refining. Each day simple exercises are used to bring your awareness to your inner and outer landscapes. Daily group workshops warm up the body and voice, and help set the day's focus. These lead into creative processes that enable you to generate text, actions and compositions for performance. Expect to be challenged, delighted and surprised by yourself and others.

HOW TO GET TO HIGH SPIRITS RETREAT

297 SISTER TREE CREEK ROAD KIN KIN (same as the main street)

FROM BRISBANE (approx. 2 hours):

Drive north on the Bruce Highway heading towards Gympie. Take the Pomona/Kin Kin exit, and join the Old Bruce Highway towards Pomona and Kin Kin. Look for the sign that says "Pioneer Road, Pomona/Kin Kin" (at the top of a steep rise). Turn right here.

Follow Pioneer Road through a housing estate to a T-junction. Turn right.

Follow the road into Pomona, straight through the roundabout and then over the railway line. At the T-junction with the Caltex service station in front of you, turn left.

Continue on this road for 14kms. You will go through a winding section.

As you are coming into Kin Kin, the sign says 'Welcome to Kin Kin', and you will see the Kin Kin Hotel about 200 metres to the left in front of you. Turn left here onto the Main Street.

Travel 2.97km from the Kin Kin Primary School (on the left) to High Spirits Retreat look for rocks #297 (on the left).

FROM NORTH OF GYMPIE:

Drive south on the Bruce Highway heading towards Gympie. Look for the turn to Tin Can Bay. Turn left here.

Follow the signs to Tin Can Bay. This will take you out of town and just after a sweeping bend you will see a sign to Cedar Pocket. Turn right here.

Continue on this road for 18kms. You will pass the Cedar Pocket hall and dam. It is a lovely drive, but the road is winding and narrow in places. You will come to a T-intersection. Turn right here onto Sister Tree Creek Road.

Follow this road for 3kms. You will pass Grady's Lane on your left (slow down) and we are approx 300m after this on your right.

FROM INTERSTATE / OVERSEAS:

Book all flights to and from Brisbane Airport.

High Spirits RETREAT

