

SPLIT

THEATRE

# CREATING ARENAS

Create a world of  
movement and play



# With movement and play, you can create your unique place in society.



In our pursuit of meaning in life, we often feel stuck because we don't see the options in front of us.

Feeling lost or stuck? At Split, we use movement, play, and open conversations to help you reconnect with your body and explore new possibilities.

Our bodies hold wisdom about who we are and what we want. Through immersive experiences, we guide you to discover your unique path and place in society.

We are not therapists, but *companions* on your journey of self-discovery.

# Our Programme Methodology



## Seeking Change

Our movement and play activities will get you to experience a change in physiological and mental states. Recall how a simple game of hide and seek during childhood increased your heartbeat and brought about a certain level of excitement within you.

## Making Sense

After each activity, we conduct an open group discussion to make sense of your experiences. You'll see clearly — your habitual patterns of thinking and responses to situations, and thus specific choices to reinforce or disrupt those patterns.

## Moving Out

Over the course of the programme, you'll build the skills to transfer your learnings within the studio to your life outside, so that you can make specific choices that matter to you and live life on your own terms.



To keep our programme safe and enriching for all participants, our methodology references Clark Baim's DRAMA SPIRAL, where we move through Stages 1-3 of its framework. Apart from movement and play activities inspired by well-researched actor training and devising methodology, participants will also only enact personal stories indirectly, protected by metaphor and/or fictionalised roles.

*Clark Baim. (2020). Staging the Personal: A Guide to Safe and Ethical Practice. [LINK]*

# Our Arenas Programme



Recommended number of sessions to complete for each Arena before moving on. You may want to follow our recommendations to get the most out of your experience.

## 00 Beginners Arena

Beginners Arena uses movement and play to help you listen beyond words. Reconnect with your body, discover how it communicates, and embark on a journey of self-awareness. Leave with a deeper understanding of your physical and emotional self.



PRE-REQUISITE: NONE

RECOMMENDATION:  
MINIMUM: 1 x 1.5HRS  
NONE

## 01 First Arena

Level up your self-awareness! In the First Arena, we further develop our body awareness from Beginners Arena. Explore how external forces affect us, and how to harness them for intentional living. Strengthen your ability to make choices and move about your daily life with greater purpose and direction.



PRE-REQUISITE: NONE

RECOMMENDATION:  
MINIMUM: 5 x 3HRS  
NONE

## 02 Second Arena

The Second Arena is about communication through movement. Explore how our bodies talk with partners in a playful setting. Navigate the push and pulls in relationships, as well as mindful choices for deeper connections with others. Culminates in an invite-only Movement and Play event.



PRE-REQUISITE: 5 x FIRST ARENA

RECOMMENDATION:  
MINIMUM: 5 x 3HRS  
FINAL 3 SESSIONS

# Our Arenas Programme



Recommended number of sessions to complete for each Arena before moving on. You may want to follow our recommendations to get the most out of your experience.

## 03 Third Arena

Expand your range! Rediscover the *vocabulary* of your body through playful activities like rolls, headstands, and vocal improvisation. This Arena is about learning how you learn, rather than mastering skills. Unleash yourself to move, play, and connect with your body's full potential.



PRE-REQUISITE: 5 X FIRST ARENA

RECOMMENDATION:  
MINIMUM: 5 X 3HRS  
NONE

## 04 Fourth Arena

Unleash yourself with the Fourth Arena! Discover personal truths in role-playing scenarios. Challenge societal expectations as you navigate personal choices while playing different roles/archetypes in society. Learn how to live authentically on your own terms.



PRE-REQUISITE: 5 X FIRST ARENA

RECOMMENDATION:  
MINIMUM: 5 X 3HRS  
NONE

## 05 Fifth Arena

Develop your personalized archetype and possibilities with partners. Surprise each other by defying societal expectations. A final Movement and Play participatory event for external audiences, to showcase your creations. Create a society built on personal expression and live on your own terms.



PRE-REQUISITE: 5 X FIRST ARENA  
5 X FOURTH ARENA

RECOMMENDATION:  
MINIMUM: 10 X 3HRS  
FINAL 6 SESSIONS

# Our Arenas Programme

△ Recommended number of sessions to complete for each Arena before moving on. You may want to follow our recommendations to get the most out of your experience.

## 06 The Summit

Detailed agenda will be confirmed with invited participants. Participants will organise a series of movement and play events, and a stipend will be provided. Feel free to reach out if you wish to be considered for The Summit.

Over time, we hope that our movement and play events can become microcosms of our envisioned society, where every person can live and leave without regrets.



PRE-REQUISITE: BY INVITE ONLY

DURATION: TO BE ARRANGED

MINIMUM: AS AGREED

SPLIT

THEATRE



# The Arenas — Summarised



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## 03 Third Arena

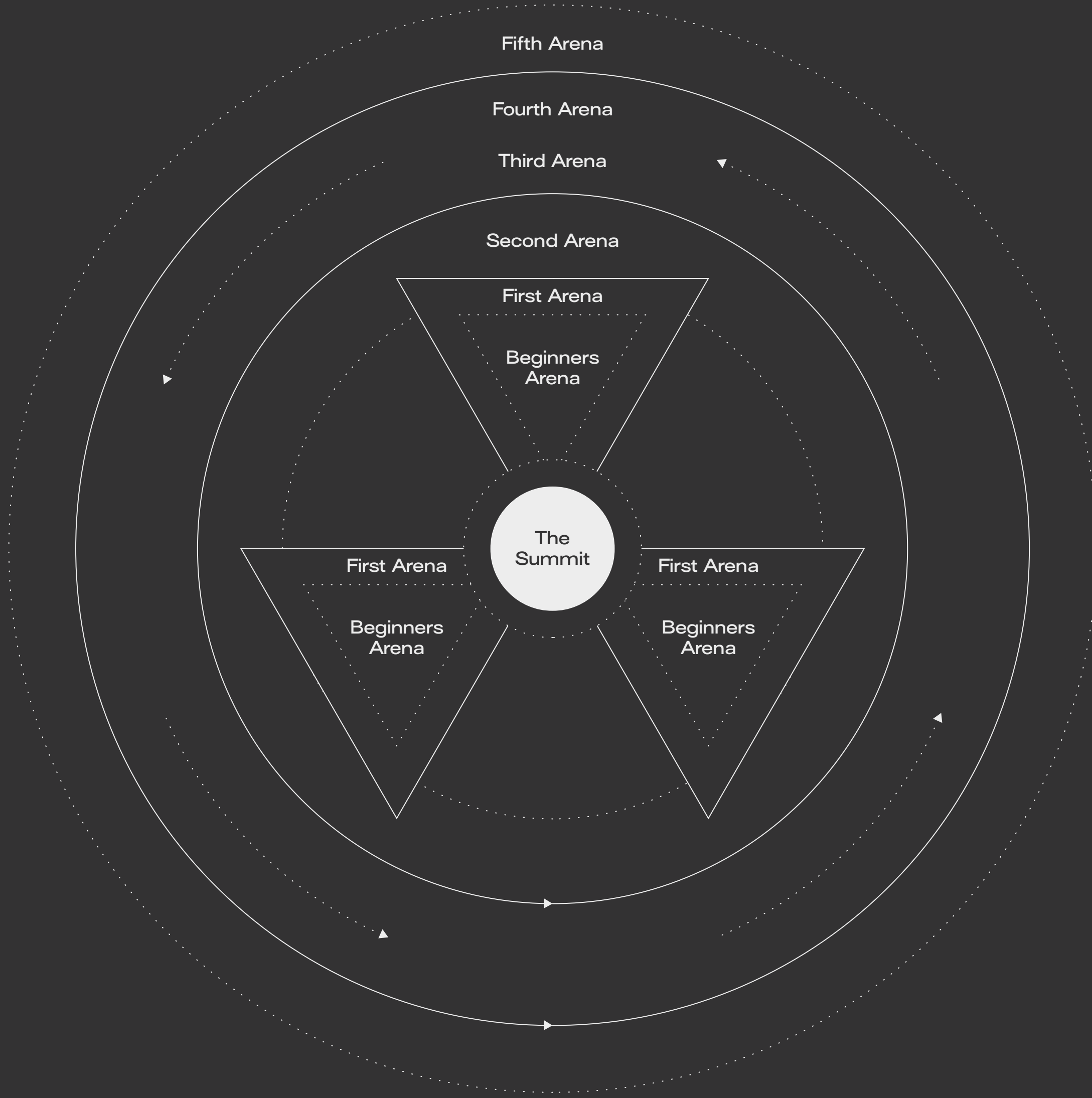
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## What is this Work about?

We are building a world where every person can live and leave without regrets. Through movement, play, and open discussions, we want to help you discover how you can make choices for yourself, so that every person is free to live life on their own terms.

## Explain the programme to me in layman terms, please?

We play a large variety of games where you'll be put into situations of uncertainty. When facing such situations, we often turn to options most familiar to us. As you turn up for more sessions, you'll gradually become more aware of your habitual ways of reacting to situations. We will then encourage you to try out new ways of responding to subsequent tasks, so that you can see a different side of yourself or simply experience a new way of relating to tasks or to people. We have frequent open discussions for you to articulate your thoughts and, when needed, get support from the others in the space.

This programme is a maturation of our Work On The Self programme. Past participants include fresh graduates, civil servants, working professionals,

executive coaches and mental health professionals, freelancers and creatives.

We've encountered over 190 participants over the last two years, and we hope to continue helping more participants (like you!) navigate challenges, build support networks, and discover the courage to make bold choices for themselves.

## The entire programme takes 30 weeks to complete. That seems like a long time?

Yes, the programme has 30 sessions-worth of resources that you can gradually uncover as you journey with us. And these resources will continue to develop over time! However, there is no need for you to join us for 30 consecutive weeks. You are free to book individual sessions at your own time and learn at your own pace.

## I can drop-in for individual sessions at my own time?

For a linear curriculum, it'll definitely be disruptive. However, think of our curriculum within each arena as a spiral descending staircase. We do not assume

prior knowledge each time we meet you in the studio, and our activities/discussions will cater to each participant at a personal level. We nevertheless hope that you'll at least commit to completing five sessions from The First Arena, so that you'll be able to use the language that we speak in the space.

## I am busy and cannot finish my 5-session package.

That's totally fine! With a package of five sessions, you'll get a code tagged to your email. Redeem three sessions with your code, and you'll still have two sessions tagged to you! You can then book them in the following months to come. (We encourage you to get the package because purchasing three individual sessions can be more expensive!) By the way, this works for other arenas too.

## What is the programme methodology based on?

We use training techniques and activities inspired by trainers like Jerzy Grotowski, Stephen Wagh, Joseph Chaikin, Konstantin Stanislavski, Phillip Zarrilli, and Frank Camilleri. We also ground ourselves in well-researched coaching methodology,

including frameworks accredited by the International Coaching Federation. Our Artistic Director has also conducted practical and academic research at the Masters level on the programme, and is currently continuing research and development at the PhD level at the National University of Singapore, focussing particularly on using actor training processes for self-care and self-exploration in Singapore's context. The programme is well-grounded with research-backed tools, processes, and frameworks, and it is suitable for individuals with no theatre or dance background.

## Any discounts available?

Please check out the bottom of our sign-up page, and look out for any promotions we are currently running!

## Can I repeat an Arena if I feel like I am not ready for the next?

Yes, of course! To help you with this, once you have completed the recommended number of sessions for each Arena, your subsequent sessions for that Arena would only cost a reduced fee of 20 SGD.



# CREATING ARENAS

[Sign up Now](#)