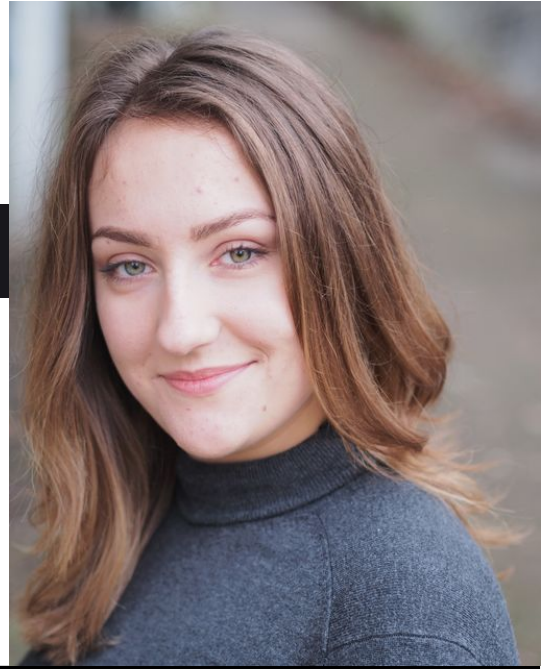


MALWINA ROG

Website
[Website](#)



PROFILE

Training

2021-2022 The Royal Central School of Speech and Drama, MA Movement: Directing and Teaching

2021 Actors Institute, Stage Combat; Unarmed (Distinction)

2018-2022 QA Level 3 Award in Emergency First Aid (inc. Paediatric First Aid)

2018 Nuffield Health, Cardiovascular Health Assessment trainee

2017-2018 Active IQ, Level 3 Diploma in Personal Training and Fitness Instructing

2017 National Theatre, Summer Space to Create (site-specific)

2016 City Academy Drama School, Ballet and Acting courses

2015-2018 Middlesex University, BA Theatre Arts (Performance)

2014-2016 Youth Theatre Elipsa

Experience

Movement experience whilst on the MA Movement: Directing and Teaching

2022 Choreographer for *The Great Stage* at East 15 Acting School, Director: Nico Pimpare. Worked with MA Year 1 actors for a performance showcase, choreographer scenes including trio stage fights, strippers' choreography and devising.

2022 Movement Director for *Oedipus* at LAMDA. Director: Baris Arman. Worked on blocking, transitions and duet choreography alongside actors on AV.

2022 Movement Teacher for BA (Hons) Acting course (Year 1) at the Royal Central School of Speech and Drama. Worked on movement fundamentals, preparation for inversions. Mentor: Ana Marambio.

Most recent credits as a Movement Director/Teacher (MD/MT)

2021-2022 MT for Drama and Art sessions at Springview Care Home (Applied Theatre)

2022 MD for a *WATER&CONCRETE* photoshoot for Sycamore's Eye. Photographer: Martin (Photography).

2020-2022 MD for Seeds Creative Development Workshops. Co-directed alongside Krakow Robi Krok in Krakow, Poland (Theatre & Dance).

2021 MD for BODY'N'SHADOW photoshoots for Sycamore's Eye. Photographer: Martin (Photography).

Most recent credits as a Performer and Movement Assistant (P&MA)

2022 P&MA for Fable Workshop Theatre's R&D *Greek Gods* (Film)

2022 P&MA for Garden Suburb Theatre's play *A Matter of Life and Death* (Theatre)

2021 P&MA for Garden Suburb Theatre's play *The Count of Monte Cristo* (Theatre)

Biography

Malwina is a movement director and choreographer for theatre, film and photography. She has worked nationally and internationally as a movement teacher and a performer. Alongside movement work, Malwina has a wide range of experience facilitating drama sessions as well as fitness classes for people with varied physical and mental disabilities of all ages. Most recently, Malwina has undertaken intimacy research on the use of visual aids in duet movement work with in her MA SIP project.

Skills

Physical theatre, devising, choreography, work on blocking & transitions, character development, contemporary dance, work with youth and elderly, movement directing for stage and screen, work with disabilities (physical and mental), personal training and fitness instructing (both one-to-one and in group settings).