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It seems Antipodeans living in London have found a way to spice up their work life. And we're not just talking about an office fling or a Friday night session at the pub.

Imprology classes are the latest craze when it comes to broadening your work skills while being able to let your hair down.

Aussie actor Priscilla Jackman, who was part of the cast of the original *Vegemite Tales*, says the classes are one of her most exciting discoveries in London.

"Improvisation is an amazing training ground for anyone interested in acting," she says.

"It's about creating something from nothing through listening and responding. It's about play and spontaneity and being open."

But it's not just acting types who are benefiting. IT consultants, accountants, social workers and teachers are getting involved, and it seems Aussies and Kiwis are leading the trend.

Class founder Remy Bertrand says the classes are popular with Antipodeans.

"Over the past few years, Aussies have made up to one third of all our classes," he says. "I think you

guys have a natural affinity with improvisation. Most Australians I've worked with in improvisation have this rare capacity to laugh about themselves, which is so important for what we do here."

Australian Andrew Dowe, a marketing consultant, decided to unleash his creative side by taking both the beginners and intermediate courses.

"I love coming to the classes. It makes me think in a way that I don't in my everyday life. I feel like I use a different part of my brain," he says.

And while the classes are stimulating, they're also relaxing. "It's given me a chance to develop confidence in my abilities in front of other people. I come in after work feeling a little drained and every night I leave feeling excited and refreshed," he says.

Jackman says while she has a non-acting day job, the classes are good way to keep her creative spirit alive.

"For everyone else it's a fantastic opportunity to open up, do something different and make significant connections with new people," she says.

» See www.imprology.com