

ATHE 2022 DETROIT

Rehearsing for the (Im)possible: How daily conditioning of the body, mind, and spirit supports the life of an artist.

Thursday July 28 10:30 - 12:00 ATME 4

Due to the uncertain and strained time we are existing in, how do we teach our students the importance of self care and maintenance of the body, mind and spirit? In a world and industry that might make us feel out of control, unmoored and uncertain, taking time to return home to ourselves - our wholeness - is the best gift we can give ourselves. This panel is a combination of shared research and on your feet exploration of how strengthening the body, mind and spirit can help students embrace the importance of self care both in preparation for the work, and after the work is complete.

Sitting Shape Flow/Sensory Meditation

A guided meditation will include: Body Check-in with Self-touch, Sitting Shape/Flow, Place of Comfort Visualization, Short Kindness Meditation and a No Apologies Affirmation.

Laura Sturm MFA

Adjunct Faculty at Columbia College Chicago

Bringing Resilience and Vitality to Body and Practice

Developing a warm-up routine that incorporates - fitness, agility, nervous system release; whole body spatial and kinesthetic awareness; imagination and heart centered actor presence.

Eliza Ladd Schwarz

Associate Professor of Movement and Dance

FSU Asolo Conservatory MFA for Actor Training

Body, Mind, and Soul in Actor Process

After an experiential sequence, we'll discuss ways in which we can acknowledge, respond to, and repurpose traumatic experiences that arise in actor process.

Richard Stockton Rand

Professor and Coordinator of Undergraduate Studies, Department of Theatre
Purdue University