

QUOTES / SOURCE IDEAS

Eliza Ladd Schwarz

Change (movement) is reality - (Carol Reynolds)

Preparing for 'The art of living onstage' - (Andrei Malaev Babel)

'The practice makes everything more manageable' - (Jamie Coffee)

"You are what you do" - John Daido Looi, Roshi

"The actor is an athlete of the heart" - Antonin Artaud

"The soul desires to dwell with the body because without the members of the body it can neither act nor feel" - Leonardo Da Vinci (quoted by Michael Chekhov on the Technique of Acting)

"An Actor Prepares" -

"In every physical action, unless it is purely mechanical, there is concealed some inner action, some feelings." -

"You know that a sculptor kneads his clay before he begins to use it, and a singer warms up his voice before his concert. We need to do something similar to tune our inner strings, to test the keys, the pedals, and the stops." - K. Stanislavski

'What will happen after, how you will use' - Ryszard Cieslak (Grotowski's main student)

PRACTICE:

-repeated exercise in or performance of an activity or skill so as to acquire or maintain proficiency in it

-a period of *time* spent doing this

-actively pursue or be engaged in

'Waking up through interconnectedness' - (steve reich)

-awareness of connections - B M E . . reawakened and strengthened - (S Wangh)

-Including the imagination - Karen Beaumont

-Klein Technique™ allows movers to achieve more fluidity and ease of movement. The work deepens body awareness, and in turn, expands creativity and expression.

-Benchmark, something we return to , t clock our state, our awareness, our presence - Larissa