

PROCESS WORKBOOK- VOICE + MOVEMENT

Grotowski Reading-

Before the lesson, we were asked to partake in a reading of Grotowski's 10 key principles. We were then asked to evaluate the work and note down our own personal evaluation and thoughts on the reading, reducing them down to 3 key principles we found most helpful. On the first read, I was sceptical as it was very hard to understand. However, after reading it over again and doing some research around Grotowski I seemed to grasp the concept of his work. I found this reading task extremely difficult as I initially didn't see the point in the exercise. However, this ideology was soon changed once we began working on it in class.

After we had done the reading, we then discussed it in class, each sharing the 3 we chose and the importance of them in today's society as actors. I found this extremely helpful as someone who found the difficult to understand as it meant I could grasp some of the 10 concepts easier and allowed me to relate them to real life situations and scenarios. To develop these ideas further we then used these readings and discussions and put them into real life practise through exercises and tasks. First of all, we were asked to lay on the floor and close our eyes, relaxing all of our body. We then had our tutor talk to us whilst we were on the floor, leading us through different parts of the body sequentially from head to toe, relaxing them to the highest extent we could. I found this extremely helpful in allowing me to be grounded within myself. The exercise also allowed me to become completely intune with my body, understanding on a deeper way where I hold tension and how each part moves. As such, this helped me partake in Grotowski's main value of an actor's physical nature being at the core of theatrical expression

(to reflect: warm up task, stretches, under milk wood movement exercise)