



Through the Body

By Dymphna Callery

Nick Hern Books. Paperback. Book Condition: new. BRAND NEW, Through the Body, Dymphna Callery, A step-by-step guide to physical theatre in both theory and practice. The book is full of detailed exercises and inspiring ideas. There is also a bibliography and a contact list of training courses in the UK and abroad. Structured on a foundation learned from 12 years of teaching, Dymphna Callery's book introduces the reader to the principles behind the work of certain key 20th-century theatre practitioners (Artuad, Grotowski, Meyerhold, Brook and Lecoq, among others) and offers exercises by which their theories can be turned into practice and their principles explored in action. The book takes the form of a series of workshops starting with the preparation of the body through awareness, articulation, energy and neutrality. A section on mask-work is followed by further work on the body, investigating presence, complicité, play, audience, rhythm, sound and e-motion. The book culminates in sections on devising and on the physical text.



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