



# Through the Body: A Practical Guide to Physical Theatre

*Dymphna Callery*

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**Through the Body: A Practical Guide to Physical Theatre** Dymphna Callery

A step-by-step guide to Physical Theatre in both theory and practice - full of detailed exercises and inspiring ideas.

In *Through the Body*, based on twelve years of teaching physical theatre, Dymphna Callery introduces the reader to the principles behind the work of certain key 20th-century theatre practitioners (Artaud, 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 - and the work - culminates in sections on Devising and on the Physical Text. There is also a thorough bibliography and a contact list of training courses in the UK and abroad.

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