

Returning for Summer 2009

ADVANCED STAGE MOVEMENT: RasaBoxes**SUMMER INSTITUTE for THEATRE ARTS***The only thing missing is you!***RasaBoxes Actor Training Approach****Overview:**

This workshop is an intensive, specialized, one-week, immersive program in the training and application of rasaboxes and a suite of psychophysical exercises out of which they were devised. Participants can develop their skill-set in this special, psychophysical approach to working with the aesthetic expression of emotion and its application to performance composition.

Daily training includes hatha yoga and extensive breath, voice and movement work. Rasaboxes exercises range from the very simple and personal expression of each rasa individually by means of drawing, breathing, gesturing, sensing, and vocalizing to complex combinations of rasas performed by several people simultaneously. From composing the body and guiding the breath, the work leads step-by-step to sound and movement exercises that may use objects and texts, music, masks, songs — and more. During each workshop, new ways of accessing and expressing the rasas are found.

Participants learn to apply the rasaboxes work in performance compositions by mixing, layering, and scoring the eight rasas in ways that create complex expressions, dramatic characters, and psychophysical emotional relations. Workshops include discussions about the theories that gave rise to the formation of rasaboxes, and theories and researches that continue to foster its development as an approach to performer training.

The workshop is designed to accommodate a range of skill levels and interests of professionals and students including actors, directors, performance artists, musicians, choreographers, playwrights and drama, movement, and dance teachers and/or therapists.

Costs: Standard summer school rates apply - \$750 or less depending on class standing

Housing: \$20 per person per night, or \$130 per week based on double occupancy

Dates and Location: June 22-26, 2009, Milo Smith Tower Theatre, Ellensburg, Washington

More Information, Application, and Course Description: www.cwu.edu/~theatre

About the Instructor

Paula Murray Cole, MFA, LMT is an assistant professor of acting at Ithaca College in Ithaca, NY. She has taught rasaboxes workshops at New York University, Ithaca College, the University of Tennessee at Knoxville, Central Washington University, and The Dell'Arte International School of Physical Theatre. As co-director of education for East Coast Artists (ECA), she developed rasaboxes training methodologies and programs with colleague Michele Minnick based on the work of Richard Schechner. She has presented rasaboxes for the International Society for Researchers on Emotion Conference (2004), the Association for Theatre Movement Educators Colloquium (2005), and at conferences in Montreal, Turkey and Singapore, among others. She has also taught acting and/or directed productions at Hofstra, the University of Illinois Urbana-Champaign, Interlochen National Arts Camp, and the Governor's Magnet School for the Arts of Norfolk, Virginia.



She co-authored "The Actor As Athlete of the Emotions: The Rasaboxes Exercise" with Michele Minnick for the book *Movement For Actors*, edited by Nicole Potter and contributed a sidebar article to "Rasaesthetics", by Richard Schechner. Her research interests include assessing the benefits of bodywork in facilitating the progress of performers-in-training; comparative studies in emotional and psychophysical techniques in actor training practices; the study of emotion and the brain, body, and senses as it all pertains to the practice of acting and theatre making. She is a member of Actors Equity Association and a Licensed Massage Therapist in New York State.

About the Theatre Arts Department

Central Washington University has a long-standing tradition of quality live theatre in the region. The Theatre Arts Department and Central Theatre Ensemble are housed in the stately McConnell Hall, which offers state-of-the-art facilities and equipment for theatre artists in all areas. CTE produces a full season of plays annually from October through June, including an annual Youth Theatre Tour, which travels throughout the region. In June and July the department becomes home to the Drama Teacher's Summer Institute, where teachers can seek courses for enrichment or work towards a master of arts in theatre production, and the Musical Theatre Summer Conservatory, a training program for students 10th grade and older. Because theatre is a collaborative, fluid and multi-faceted art form, students in this department spend limited time in traditional classrooms. Education begins in the shops and studios and culminates in fully staged productions.

The Department of Theatre Arts is an ensemble of artists, scholars, educators, and practitioners located in the heart of the Pacific Northwest who:

- prepare students for advanced study and professional careers in theatre
- promote creativity and excellence in a diverse educational environment
- cultivate, educate, challenge and enrich audiences
- train and prepare students from diverse backgrounds to link art and life through experiential learning

in order to nurture skilled, thoughtful, and courageous citizens who will promote a peaceful and tolerant global community.

About Central Washington University

Central Washington University is one of six state-assisted, four-year institutions of higher education in Washington State. A regional comprehensive university, CWU offers baccalaureate and graduate degrees in more than 100 academic programs to over 9,900 students annually. Throughout its history, the university has distinguished itself in many ways, most notably through its quality teaching and academic programs, its student-centered orientation, and its commitment to research, outreach, international experiences for faculty and students, and provision of life-long learning opportunities to the citizens of Washington. The university is composed of the College of Arts and Humanities, College of the Sciences, College of Education and Professional Studies, and College of Business. CWU faculty, numbering more than 500, have compiled an impressive record of teaching, scholarship, and service. The main campus is located in Ellensburg, a community of over 15,000 that enjoys one of the finest living environments in the Pacific Northwest.



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