



Zane A. Whitney Jr. Movement Workshop



Dynamic Movement: A Rediscovery of Ourselves.

So you've fully immersed yourself into your character, but have you given thought to their physicality? Join me on an exploration of different techniques for physical theater, including Lecoq, Alexander and Grotowski. The techniques will push your boundaries and bring you into the realm of the actor-creator, all while rediscovering yourself.

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