

Performing Arts Department, Naropa University			
PFAR 103 – 3 credit hours		Spring 2007	
Class Title:	Dance and Theatre Studies I: Wisdom of the Body		
Dates of class:	Tuesdays and Thursdays, January 16 through May 8, 2007		
Faculty Name:	Gleason Bauer - BA, emphasis in Theatre Arts, Sarah Lawrence College. MFA Candidate, Contemporary Performance, Naropa University. Association of Theatre in Higher Education. Randolph Curtis Rand - BFA, Theatre Arts, emphasis in performance, Penn State University. MFA Candidate, Contemporary Performance, Naropa University. Actor's Equity Association.		
Class Time:	3:00 – 4:50 P.M.	Location:	Performing Arts Center
Office Hours:	By appointment only	Location:	TBA
Phone/Fax:	GB: 720.289.4445 RR: 718.219.8175	E-mail:	GB: gleaball@earthlink.net RR: houseofscrod@gmail.com

Course description: This class provides an opportunity for students with no previous dance or theater experience to explore a range of creative and contemplative processes that serve as gateways to further training in dance and theater-based techniques and forms. We focus on body/mind awareness and the multitude of ways the body interacts with forms/practices leading us to a deeper sense of alignment, ease, joy and deep play. The development of individual presence and awareness of the dynamics of ensemble is emphasized throughout the semester. This course serves as prerequisite to PFAR dance and theater courses and is for students interested in embodied creative process and performance skills.

Course Requirements, Attendance and Grading Policy:

Course Requirements - Students are expected to dress appropriately for class; loose fitting clothing that can be worn to work on the floor and that allows for fluid movement is required. Because of the explorative nature (personal and physical) as well as for safety reasons, students are discouraged from wearing jewelry, and other personal enhancements. Students are expected to refrain from use of cell phones and consumption of food during class. If you have specific needs, please speak with your instructors.

Attendance Policy – The course requires 100% attendance and full participation. Classroom work is crucial to experiential understanding. Work in these classes is an interdependent ensemble endeavor. The absence of one student affects the other students and the entire process. Therefore, there are NO excused absences. Each two absences during the semester will result in a lowering of the student's grade by a full letter. Students are expected to arrive before class begins, to be prepared for the day's activity and to commit fully in class. Commitment includes participation in exercises and discussions as well as incorporating critique and feedback from the instructors. Lateness and/or leaving class early (including returning from breaks) also affect/s the student's grade. Coming late and/or leaving early two times will be considered an absence.

Grading Policy –

- **70% of the student's grade will be based on attendance and class participation.** (See above.)
- **30% of the student's grades will be based on written work.** Students will be required to write 3 papers during the semester. Papers must be typed and turned in on time. Turning in a paper late will result in a lowering of the overall grade for the paper. In addition, students are encouraged, but not required to keep a journal that can be brought to class every day. Students may be asked to write and share about their experiences of the work – please note that this is a process journal, not a personal journal, and may be periodically reviewed.

Goals and Objectives:

Students will:

- ~ Be familiar with a variety of somatic experiences that explore the nexus between the creative process and contemplative practice.
- ~ Develop greater body/mind awareness, presence and sense of self in relation to space and others.
- ~ Deepen their ability to work creatively and consensually within an ensemble environment.
- ~ Develop extraordinary listening skills and an experiential understanding of the value of deep play.
- ~ Be familiar with embodied practices and performance skills that serve as the foundation for further training in both theatre and dance.

Course Outline:

Weeks 1 – 4: Introduction to somatic awareness. Practices incorporated will include principles of Body Mind Centering™ and the psychophysical acting techniques of Jerzy Grotowski and Steve Wangh.

Weeks 5 – 10: Developing spatial and ensemble awareness. Practices incorporated include Personal Awareness Practice and Deep Play as articulated by Barbara Dilley, Viewpoints and Composition as developed by Barbara Dilley, Mary Overlie, Wendell Beavers and Anne Bogart.

Week 11: Spring Break

Weeks 12 – 16: Final Project. Incorporating the practices and forms learned through the previous ten weeks, students will work within the ensemble to create a final composition. Should the students desire, there is an option of making these final projects public.

Required Readings: Students may be given handouts throughout the semester as applicable.

If you have any special needs that may require accommodations or if you will miss a class because of a religious holiday, please contact the instructor by the third week of class. Naropa University will provide accommodations for qualified students with disabilities. To request an accommodation, or to discuss any learning needs you may have, contact the Learning Needs Specialist, Kendra Koblbaas. Her office is located in the Library Building, 2nd floor next to the Office of International Education on the Arapahoe Campus. You may contact her at 303-245-4749 or e-mail: kkoblbaas@naropa.edu