Summer Theater Workshop with the SITI Company  
Class Descriptions

The Viewpoints and the Suzuki Method of Actor Training are two distinct methods of actor training used in building and staging SITI productions. SITI Company members have been trained by Anne Bogart and Tadashi Suzuki and are uniquely qualified to introduce and train other theater artist in these challenging and innovative methods.

It is through the dialogue between Suzuki and Viewpoints, these two, very distinct, yet complimentary approaches to the art of acting that the philosophy and technique of SITI Company is continually explored, revitalized, and articulated.

SUZUKI METHOD
Developed by internationally acclaimed director, Tadashi Suzuki and the Suzuki Company of Toga, the Suzuki Actor Training Method's principal concern is with restoring the wholeness of the human body to the theatrical context and uncovering the actor's innate expressive abilities. A rigorous physical discipline drawn from such diverse influences as ballet, traditional Japanese and Greek theater and martial arts, the training seeks to heighten the actor's emotional and physical power and commitment to each moment on the stage. Attention is on the lower body and a vocabulary of footwork, sharpening the actor's breath control and concentration.

VIEWPOINTS
The Viewpoints is a technique of improvisation that grew out of the post-modern dance world. First articulated by choreographer Mary Overlie, the Viewpoints broke down the two dominant issues performers deal with - time and space - into six categories. She called her approach, the Six Viewpoints. Since that time, Artistic Director Anne Bogart and SITI Company have expanded her notions and adapted them for actors. The Viewpoints allows a group of actors to function together spontaneously and intuitively and to generate bold, theatrical work quickly. It develops flexibility, articulation, and strength in movement and makes ensemble playing really possible.