



Through the Body: A Practical Guide to Physical Theatre (Theatre Arts (Routledge Paperback))

Dymphna Callery

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In *Through the Body*, Dymphna Callery introduces the reader to the principles behind the work of key practitioners of 20th-century theater including Artaud, Grotowski, Brook and Lecoq. She offers exercises that turn their theories into practice and explore their principles in action.

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