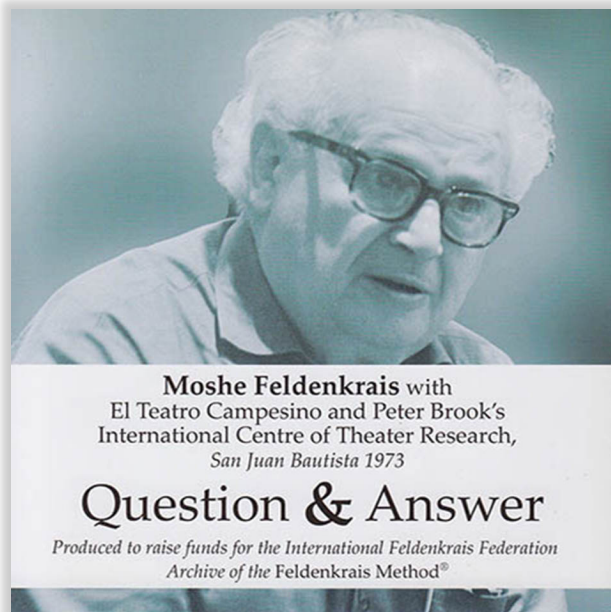




Moshe Feldenkrais

Question & Answer

El Teatro Campesino and Peter Brook's

International Centre of Theatre Research

1973

In the northern summer of 1973 British theater director Peter Brook and his Paris-based company the International Centre of Theater Research participated in an experimental workshop with El Teatro Campesino in San Juan Bautista, California. During this collaboration, Moshe Feldenkrais, who was teaching at nearby Esalen, worked with the two groups over a two week period.

Feldenkrais had worked previously in Paris with the Brook company. Since the winter of 1972 they had been touring Africa working on unusual movements for different bird characters for the creation of the piece, *The Conference of the Birds*. In this collaboration with Teatro Campesino they continued work on this piece and after the summer toured performing it.

Frank Wildman, active in theater and dance circles, experienced his first intense exposure to the *Feldenkrais Method* at this workshop and remembers the lessons focusing on two areas. About half of the lessons, in exploration of the bird movements, were extremely acrobatic and demanding (Against a wall, upside down on hands, one foot on wall and one leg to ceiling rotate trunk. Then, remove one arm) and these were broken up with by lessons on vocal production. Frank recalled daily lunches where Brook and Feldenkrais would informally answer questions. This question and answer session seems to come at the end of the workshop on July 23, 1973.

Track 1

Questions and answers about stretching; breaks in exercise routine; is there a type of exercise where the body gets in condition and then doesn't lose this condition rapidly? Soreness after exercise; has something gone wrong? How to explain differences in performance?; also same abilities despite different bodies?

How can a child grow up without bodily faults; what can parents do?

Track 2

Question about improvements from voice lessons. Talks on learning by imagining; awareness of how a movement will affect different parts; not copying the teacher; reducing strength to increase sensitivity; story about humility; and how can one not be afraid of changes.

Track 3

Question about Judo and talks about his trip to Japan. Ends with Judo demonstration.

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