Mudra Space Awareness

Space can seem hostile, benevolent, seductive, or enriching. Our perceptions are colored by neurosis and are heightened by openness, depending on whether we struggle against or work creatively with obstacles. Students learn acting exercises designed by Chogyam Trungpa Rinpoche, the maitri practice of the Buddha families, and experiments with space and form by selected Western directors. Class exercises help students develop an appreciation of themselves and others in the context of alive, ever-changing space. A studio class, some outside rehearsal, attendance, and willingness are the primary course requirements. Materials fee. Cross-listed as TRA560.

Course Number: TRA260
Unit: 3.0
Program: Traditional Eastern Arts