

C O N T E N T S

<i>Pre-Text</i>	ix
<i>Introduction</i>	xi

LOGIC

ONE	<i>The Logic of Training</i>	3
	Trajectories	4
	<i>From Body to Voice to Imagination</i>	4
	<i>From Physical to Physical/Vocal to Physical/Vocal/Verbal</i>	5
	<i>From the Abstract to the Concrete</i>	7
	<i>Improvisation Technique</i>	8
TWO	<i>Training into Writing</i>	15
	Training from a Book	15
	<i>The Basics</i>	16
	<i>Seminality</i>	16
	<i>Structure</i>	17
	<i>Synchronicity and Symbiosis</i>	18
THREE	<i>Technicalities</i>	20
	Fundamentals	20
	The Work Space	23
	Rules of Conduct	23
	Masters, Teachers, Mentors, and Guides	23

PRAXIS

FOUR	<i>The Exercises</i>	29
	Crossing the Threshold	29
	Breaking the Ice	29
	The WarmUp Sequences	40

Body and Voice	148
Soap-Bubble Pushing – Training the Imagination	166
Body and Imagination	185
Image Work	206
Moving into Text – At Last!	230
 <i>Closing the Cycle</i>	 237
Afterword	238
 <i>Appendix 1: Exercises By Group, Number, and Page Number</i>	 239
<i>Appendix 2: The Exercises in Alphabetical Order</i>	243
 <i>Bibliography</i>	 247
 <i>Index</i>	 249