

U-THEATRE



# *U-Theatre Workshop - Living in the Moment*





**U-Theatre** and its practice may be best described as attaining the state of total calmness while in motion. For this ensemble, a performance is not an end in itself, but rather an approach to a holistic way of life originated from the Tao.

U-Theatre's rigorous aesthetics depends on disciplined training in various forms – meditation, drumming, martial arts, Tai-Chi, dance, acting – drawn from both the East and the West, ancient and modern cultures.

In its repertoire, the relationship of the individual to the whole community is portrayed without explicit narrative or the creation of imagined characters. The result is a fascinating and unique mode of contemporary theatre that is process-based, finely-tuned, and performer-dependent. It is grounded in a collective experience based on each member's personal search for enlightenment and inner balance.





A group of people, mostly wearing white shirts, are walking away from the camera on a stone path that winds through a dense, green forest. The path is made of flat stones and is surrounded by thick foliage and trees. The scene is peaceful and natural.

# *Slow Walk*

**Put your senses on your feet when you walk.**

**You know very often that your mind never interferes with your walking. When you put your senses on your feet while walking, you can be in the real moment.**

**Experience the simple rhythm of the body and return to the self-consciousness, to gather heart, reveal the collective creativity and introspection.**





# *Meditation*

**In mindfulness meditation, you broaden your conscious awareness. You focus on the flow of your breath. Observing your thoughts and emotions, let them pass without judgment.**

**Through this process to remember, to breathe and relax. It will not only find the afterlight of the eyes to see a wider field, but also having the opportunity to receive more energy and new stimuli.**



# *Gurdjieff movements*

Searching the source of human being in physical. Through the movements, physical and mental integration and coordination, into a state of deep relaxation. The practice returns us into conscious presence and gives the connection with the sacred organs, rooting us into the earth.

Through different body movements, rhythms, watching your interactions with others, observing the relationship between the outside and inside, achieving a deep meditation.





# *Martial Arts*

**Tai-Chi, Qigong and Chinese Boxing, in addition to physical fitness, develop the body freely with infinite possibilities. With physical movement and breathing exercises to restore and maintain balance.**

**In the greatest focus and stability, master your own movement of precision and control, physical and mental integration, and thus enhance focus, grasp the body and the mind of self-confidence and happiness.**



# *Drumming*

Everyone's heartbeat is the most beautiful and original drumming in life.

By joining meditation practice, from breathing training, yoga, divine dance and other Zen exercises to stabilize the heart. While reaching the inner sports center, the center of reason and the emotional center of integration, that is to achieve the unity of body, mouth and consciousness.

Observing your beating with others, making appropriate adjustments. work together to enhance the cohesion and creativity of your group' collaboration.





# *“Feet in the Clouds”*

## *Self - Awareness Trekking*

This dynamic meditation class combined SLOW WALK and GURDJIEFF MOVEMENTS.

Through the long, long walking process, your mind focused, your consciousness raised, then you find your inner peacefulness like a cool breeze and the wonderful feeling of that moment will last forever.

Completing the combination of actions, to improve your concentration and balance between movements as the action progresses.



# Program

Each theme, SLOW WALK, MEDITATION, GURDJIEFF MOVEMENTS, MARTIAL ARTS, DRUMMING can be designed and combined to be an one-and-half hour workshop as required.

## Combination class

### Version 1

#### Time

30min.

30min.

10min.

1hr30min.

#### Content

Meditation

Martial Arts

Break

Gurdjieff movements

### Version 2

#### Time

30min.

20min.

10min.

30min.

1hr.

#### Content

Slow Walk + Meditation

Martial Arts

Break

Gurdjieff movements

Drumming

