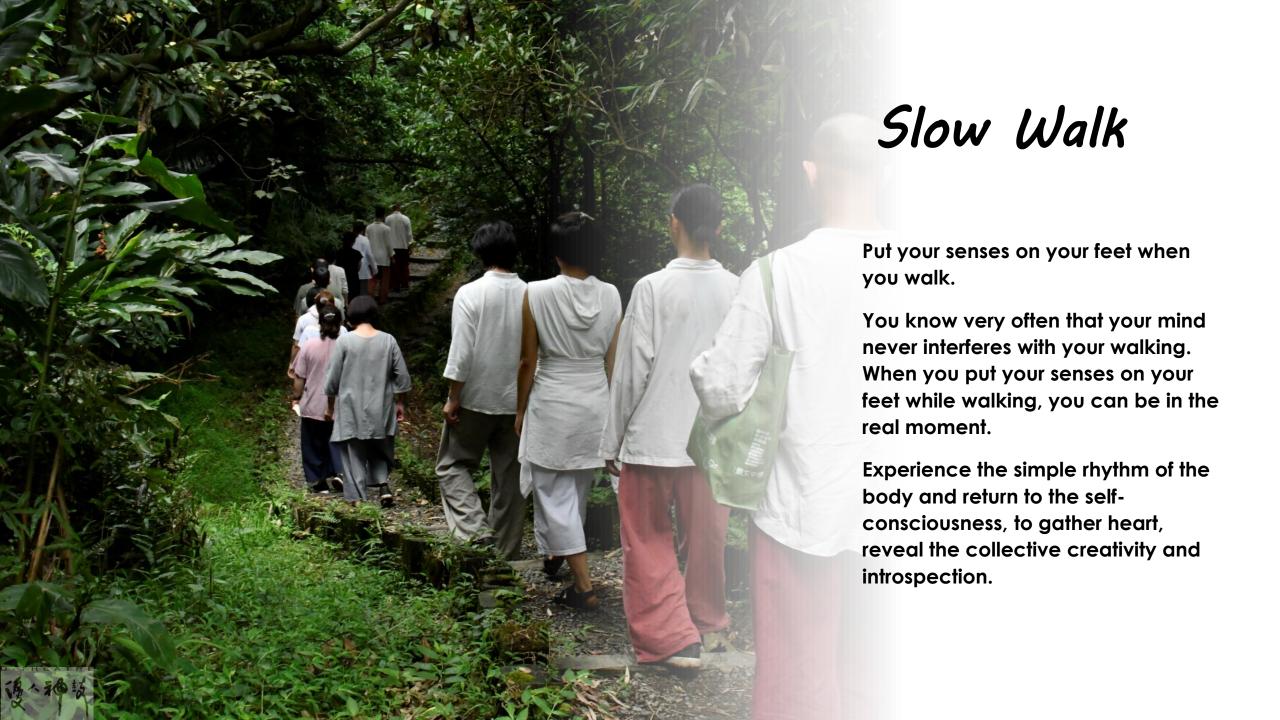


**U-Theatre** and its practice may be best described as attaining the state of total calmness while in motion. For this ensemble, a performance is not an end in itself, but rather an approach to a holistic way of life originated from the Tao.

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.







## 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.









"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 Content

30min. Meditation

30min. Martial Arts

10min. Break

1hr30min. Gurdjieff movements

Version 2

Time Content

30min. Slow Walk + Meditation

20min. Martial Arts

10min. Break

30min. Gurdjieff movements

1hr. Drumming

