

Fall 2009 FOUNDATIONS-

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32918 - THEATRE 400 - Foundations**Students will hand in two personal assessment essays and discussion of their experience on:****10/22/2009****11/23/2009**Course Objective:

Foundations is a course with two objectives to introduce the BFA actor to the concepts of a personal practice including practical techniques and exercises, and to provide physical conditioning in support of other BFA physical and vocal courses of study.

Narrative:

In an uncertain profession of widely varying demands on the individual artist the creation of a personal physical practice is a necessity. Whether the intention of the practice is to reduce stress, improve overall health, strength, and stamina or to prepare for a particular role, having one will support the actor throughout his or her career.

Personal Practice is a term used to denote many kinds of work. Some types of a personal practice might include daily writing, painting or running. In yoga the term denotes a daily physical practice of asana, relaxation and meditation. In this course the term is expanded to include any physical or vocal exercise or practice specific to the individual artist's needs and interests.

The fall semester of 2009 will focus on the distinction between *Mindfulness*, and *Awareness Practice*. We will also explore techniques, which build *Personal and Group Movement Practice*. *Yoga Derived* exercises will be explored with a renewed and deepened commitment to precision in line and form. Group practices included improvisation and group dancing.

*Mindfulness* here is defined as the inner dialogue, state or relationship in the Body-Mind. *Mindfulness Practice* explores the process of alertness to and acceptance of the Body-Mind dialogue in all its mutability and fluidity. In this case there is no direct intention to create tranquility, though a sense of ease may occur. *Awareness Practice* reaches outside the self to the world beyond, using exercises in design in space, authentic and free movement. In this course improvisation is used to heighten senses and to build an active practice with a contemplative element.

The *Yoga Derived Asana* will be used to promote health and provide a bridge between the contemplative practice and the active practice. Personal movement practice provides strategies for individual and group interaction. Improvisation and dance provided platforms for pleasure in simple or complex acts of moving and breathing.

Supplies for this class:

A sticky mat and bag

A yoga belt

A pair of foam yoga Blocks  
 A Zafu  
 Your journal

The nature of the practice:

*Mindfulness* and *Awareness* practice will take place on Monday-Wednesday mornings. Group Movement practice and dancing will occur on Thursday mornings.

Practice begins each morning at 9:00 AM promptly. Each student begins by signing in at the door. There is no talking in the room once entered. No phones bags or other personal effects are to be brought into the room.

Each day someone will volunteer to be the Gatekeeper. This student stays outside the door at 9, opening it at 9:05 and again at 9:10. She or he enters at 9:10 and from then on the door is closed until 9:40.

**No- one will be admitted later than 9:10AM. Should some event occur that affects the class overall- severe snow instance, the door may be left open longer.**

Monday through Wednesday:

Students enter with yoga blanket, mat, water bottle and Zafu. (Blocks and Belts will be held in a common space in the room. Belts may be kept in your mat bag) you may wear or bring socks. You may bring your Journal. There is no talking in the room other than instructions.

Thursday Group Practice:

Thursdays you may enter the room and talk freely. Thursdays you will not generally need a mat or Zafu. However there will still be a Gatekeeper and the door practice remains the same.

Expected Outcome:

Students are expected to create a deeper connection to their physical selves. Students will increase their physical strength and flexibility as well as access to breath. By pursuing a regular practice in a group the form of personal practice will become clearer. Group physical practice of this kind engenders both responsibility to the group and awareness of individual needs and contributions.

Delivery Method:

The course material consists have Yoga derived asana, personal and group movement practice, breathing and meditation strategies.

Student responsibilities, basis for assessment and absence policy:

Students are responsible for arriving each morning ready to work. Students should keep a journal and make notes of the exercises. Students should be forthcoming in asking questions and paying attention to their own limits.

**Students will hand in two personal assessment essays and discussion of their experience on:**

10/22/2009

11/23/2009

Assessment is based on:

50% timely and perfect attendance

30% personal effort

20% demonstrated improvement in physical condition, focus and awareness.

***As this is a practical course there are no permitted absences.*** Each student is allowed three sick mornings. On **each** of these mornings an email will be sent to the professor **before** class explaining absence. ***Should these emails (or phone call) not reach the professor before the class begins, and the student simply misses class without an effort at explanation the student will receive an automatic probationary warning that may result in a low grade.*** More than three absences for sickness will result in the need for Doctor's note The event of more than three absences will result in various actions as appropriate including incompletes, extra work or low grade.

Holderness

Foundations exercises fall 2009

*Week One: (Design in Space)*

Design in space, Kata, Dropping over- integration of shoulder in arm raise.  
Warrior one, Downward facing Warrior  
Three frames, 12 frames, three people and waiting

*Week Two: (Building the Sun Salutation)*

Downward dog 1- Upward Dog and Chaturanga from the floor.  
Downward Dog 2 and the plank, Chaturanga, from the floor upward dog  
Warrior Two  
Moving with your eyes closed

*Week Three (Building the Sun Salutation Two)*

Sun salutation, Standing triangle poses lying meditation  
9/18 Couple dancing- thriller one  
Red Square Solo

*Week Four (Duet) (Restorative)*

-Moving with your eyes closed/sitting meditation  
-The dancing exercise/sitting meditation  
-Moving from Sensation  
Red Square Duets

*Week Five (Forward Bending Poses and Simple Twists)*

-Forward Bending over one and two legs  
- The simple Shoulder Stand  
-Red Square Round Robin

*Week Six: (Cobra and Bridges)*

-Duets Redux  
- Red Square and Objects

*Week Seven: (Pause)*

Pause-Artist book one and two  
Menu in lanes with found sound

*Week Eight and Nine: (stillness and tremoring)*

Alternate Yoga with Fitzmaurice Sequence  
Make-A- Dance

*Week Ten: (group practice every-way everyday)*

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Duets and menus  
Make A- Dance 2

*Week: Eleven and Twelve Group practice and the Holiday Menu Performance*  
Objects, menus, found sound and songs, books and pictures

**Supplement to UWM FACULTY DOCUMENT NO. 1895, October 21, 1993****Revised March 16, 2006****C. University Policies**

1. *Students with disabilities*. Verification of disability, class standards, the policy on the Use of alternate materials and test accommodations can be found at the following:  
<http://www.uwm.edu/Dept/DSAD/SAC/SACltr.pdf>
2. *Religious observances*. Policies regarding accommodations for absences due to Religious observance are found at the following:  
[http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S1.5.htm](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S1.5.htm)
3. *Students called to active military duty*. Accommodations for absences due to call-up of Reserves to active military duty should be noted.  
<http://www3.uwm.edu/des/web/registration/militarycallup.cfm>
4. *Incompletes*. The conditions for awarding an incomplete to graduate and undergraduate Students can be found at the following:  
[http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S31.pdf](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S31.pdf)
5. *Discriminatory conduct (such as sexual harassment)*. Definitions of discrimination. Harassment, abuse of power, and the reporting requirements of discriminatory conduct Are found at the following:  
[http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S47.pdf](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S47.pdf)
6. *Academic misconduct*. Policies for addressing students cheating on exams or plagiarism Can be found at the following:  
<http://www.uwm.edu/Dept/OSL/DOS/conduct.html>
7. *Complaint procedures*. Students may direct complaints to the head of the academic Unit or department in which the complaint occurs. If the complaint allegedly violates a Specific university policy, it may be directed to the head of the department or academic Unit in which the complaint occurred or to the appropriate university office responsible For enforcing the policy.
8. *Grade appeal procedures*. Procedures for student grade appeal appear at the following:  
[http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S28.htm](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S28.htm)
9. *Final examination policy*. Policies regarding final examinations can be found at the following:  
[http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S22.htm](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S22.htm)