Zygmunt Molik's Voice and Body Work The Legacy of Jerzy Grotowski



Giuliano Campo with Zygmunt Molik

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GMUNT MOLIK'S VOICE AND **BODY WORK**

THE LEGACY OF JERZY GROTOWSKI GIULIANO CAMPO WITH ZYGMUNT MOLIK

The book is accompanied by a DVD containing the films Dyrygent (2006), which illustrates Molik's working methods, Acting Therapy (1976), exploring his role in the Theatre of Participation, and Zygmunt Molik's Body Alphabet (2009). It also includes an extensive photo gallery documenting Zygmunt Molik's life and work.

Zygmunt Molik is one of the last living members of Jerzy Grotowski's original acting company and was a leading trainer at the Teatr Laboratorium. Zygmunt Molik's Voice and Body Work explores the unique development of voice and body exercises throughout his career in actor training.

This book, constructed from conversations between Molik and author Giuliano Campo, provides a fascinating insight into the methodology of this practitioner and teacher, and focuses on his 'Body Alphabet' system for actors, allowing them to combine both voice and body in their preparatory process.

Selected Contents:

Introduction **FIRST DAY**: Acting therapy – The Voice and The Life The beginnings **SECOND DAY**: Techniques – "Sing your life" - Teachers and masters – Grotowski and the company **THIRD DAY**: Paratheatre – The Organic Life and the Process Ryszard Cieślak FOURTH DAY: The meeting with the unknown - Montage FIFTH DAY: The "Body Alphabet" IMAGES OF THE "BODY ALPHABET" SIXTH DAY: The text -Organic and cultural differences – Voice as a vehicle **SEVENTH DAY**: The attention – Necessity, organic process, nostalgia **EIGHTH DAY**: The productions – Meeting Grotowski – The Teatr Laboratorium NINETH DAY: Colleagues and collaborators Appendix. GROTOWSKI THEATRE AND BEYOND: From Stanislavski to Grotowski – The Theatre of Productions (1959-1969) – Paratheatre (1970 -1978), Theatre of Sources (1979-1982) and after.

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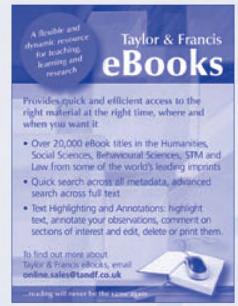
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