

Michael Chekhov

October 13, 1936

CONTACT
IMAGINATION

CONTACT:

The purpose of our exercises must be clearly understood and felt.

Exercise 1:

Choose a partner and open yourself to him - enfold him with your feeling. When this contact has been established between you, begin to move together - neither must lead - the movement must be simultaneous, must be created mutually, and must be transferred to one another by the close contact already established. Change partners and repeat the exercise.

Exercise 2:

Do the same thing, but this time for each exercise. This is most important in order that we may direct our efforts toward reaching that person or purpose. In these exercises the purpose is to establish such a strong contact with your partners that the need to move will arise simultaneously.

IMAGINATION:

Imagine a real flower growing, from the seed to the flower in full bloom. Repeat this many times, until you are tired.