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building two groups - absolutely simple, without any rhythmical conditions. The two groups are parting - the theme of departure. Pirst do it in a tragic mood, then with slight alterations change it to be a dramatic mood. Your muscles must get accustomed to these fine, slight changes. Fow change it again to tragedy. Increase it and try to compare the two. Something must go on in your soul, which is much more subtle than it seems to be. Increase the tragic tension in your bodies. Fow back to drama and explore this possibility. Try to justify the same positions from different points of view as it were. Now vaudeville; now drama; now clown. Don't change too much. This will awaken your bodies and make them more and more responsive.

Directors are not bound to take suggestions which are given them, but it is wise for them to do so.