**Saratoga International Theatre Institute – Anne Bogart**

*- Movement and physicality in theatre*

*- Viewpoints as an opportunity for discovering and generating new movements on stage in a visceral and dynamic matter*

**Viewpoints of Time:**

* Tempo: The rate of speed a movement occurs
* Duration: How long a movement or sequence of movements lasts
* Kinesthetic Response: A spontaneous reaction which occurs outside of yourself (impulse)
* Repetition: The repeating of an action or movement (internal; with your own body, or external, shape, tempo or gesture or something outside your body)

**Viewpoints of Space:**

* Shape: The contour or outline of the body/bodies, broken down into lines, curves, or lines and curves. Shape can be stationary or moving through space, and can be the body in space, the body in architecture making a shape, or the body in relation to other bodies making a shape
* Gesture: Movement with part(s) of the body. Behavioural gestures belong to the concrete physical world, whereas expressive gestures are an inner state or emotion
* Architecture: The physical environment in which you are working and how it affects movement. There is solid mass (walls, floors, ceilings, furniture, windows, doors), texture (wood, metal, fabric), light (the source of light and shadows), colour (movement and meaning), and sound (sound created by the architecture (like feet on the floor or a creaky door))
* Spatial Relationship: The distance between things on stage within one body to another, or a group of bodies to the architecture

<https://stilluntitledproject.files.wordpress.com/2014/11/anne-bogart-and-tina-landau-the-viewpoints-book.pdf>