

The Theater of Consciousness  
Theater, Awareness, Performing Arts  
Ongoing Laboratory for Actors, performers and dancers

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# *TRUTH - Space - Beauty - Bliss, Pure silence and Shining presence : THIS - YOU ARE*

*Speaking It, Being it, Expressing It. Full Presence on stage.  
Aliveness, true speaking and creative process. WHEN THE  
ACTOR, DANCER OR PERFORMER works on inspired text.*

International Lab workshop in theatre and performance directed  
by **Stéphanie Lupo**

**March 16th-20th in Locarno (- CH)**



« *I am the boundless ocean. (...).*

*I am the unbounded deep  
In whom the waves of the worlds  
Naturally rise and fall.*

*But I do not rise and fall. (...)*

*I am not in the world.  
The world is not in me.*

*I am pure.  
I am unbounded.*

*I am awareness itself,  
No less.*

*The world is a magic show ! (...)* »

*But in me  
There is nothing to embrace  
And nothing to turn away.*

(The Heart of Awareness  
(A translation of the *Ashtavakra Gita*).

## **Description**

This international professional laboratory sets out to explore the notion of authentic Presence and radiance of the actor, performer or dancer when working on a type of texts that a vertical or metaphysical content.

How to interpret a type of text where beauty, bliss and radiance arise from the state of pure Presence? The work will notably question how to approach the "I" who "speaks" and expresses himself - personal or absolute -.

The scenic work will be based on the interpretation of the text "The Heart of Awareness" A translation of the *Ashtavakra Gita* (text and mystical song from the tradition of Advaita Vedanta, sometimes also translated as "Dialogue of the ONE" ), accompanied by an enlightening study of *THIS*, a text by Sri Poonja, some short extracts from *A Tarot Song*, by Alexandro Jodorowski can also be put into perspective.

The vertical dimension of performing and the connection with the "source" or "essence" of Being will be central. The texts discussed center on Consciousness, through them its highest expression speaks and appears as PURE PRESENCE, SPACE, BEAUTY, JOY, TRUTH.

This work can be seen as an invitation and an initiation to a theater of light and openness, the opportunity for the actor, dancer or performer to unfold the unlimited and free aspects of his/her creative potential, to discover a possibility of approaching the concept of conflict differently, putting it at a distance and absorbing it into presence.

Let us precise that in this work the theater is experienced as a path of knowledge, centered on the inner unveiling and brilliance where acting, being and speaking meet in the direct experience of liberated life on stage.

## ARTIST PEDAGOGUE



**STEPHANIE LUPO : Stage director, Performing artist, Author, Pedagogue, Coach and Therapist, Phd in Theater studies**

Stéphanie Lupo holds a PhD in Theater Studies and a Master in Esthetics and Philosophy of Art from the Sorbonne University and is graduated of ENSATT National School of Theatre in Acting and Stage Directing in France. She trained as an actress and stage director with famous Russian director Anatoly Vassiliev with whom she worked for several years and on whom she published her first book ("Anatoli Vassiliev, In the Heart of Theater Pedagogy, rigor and anarchy"), then continued her training with masters of the international scene including Meredith Monk, Ostermeier Thomas, Yoshito Ohno, Jan Lauwers ... She continued her journey as artist and researcher situating her work at the crossroads between theater, performance and contemporary scenic writing, especially on the theme of theatre as a way of Knowledge of Being inspired by the works of Kristian Lupa, Jerzy Grotowski and Kzryzstof Warlikowski and the origins of Performance art as a path for celebrating Life. She shows spectacles as well as pieces and solo performances based on her writings in France and in Europe, works as an interpreter along side artists of the theater and performative scene among which Ksrystof Garbaczewski, Yves Noel Genod, Alexandra Badea... She's also known as author for books on theory of acting and for her own poetic and performative daring and unconventional scenic writings and pieces.

She transmits a unique combination of Theatre practice inspired by the Russian school of acting as well as performance skills as ways of exploring true presence, freedom and aliveness through the scenic practice, in many renown schools in Europe and in international research laboratories for many years.

In parallel to her theatrical activities, she has been investing herself fully into a journey of Self discovery at the crossroads between mind and body healing practices as well as



meditation practice and study of Advaita Vedanta tradition and other yogas pointings. In all aspects of her activities, she proposes strong cathartic journeys for those sincerely willing to merge into themselves through an art practice conveying full presence and creativity on stage under the form of powerful and transforming inner and outer acts.

## **PUBLIC**

Actors, performers, dancers, professional circus artists and professional stage artists.



## **PLACE :**

Spazio Elle. Locarno (CH) with the possibility to sleep on the place.

The space is close to the Lake surrounded by mountains. It's a small paradise on earth blooming with flowers in Spring.

## **CALENDAR :**

March 16th-20th 2020

## **SCHEDULE**

Morning : individual preparation  
Daily 13h15-18h40

1 hour training based on Yoga and or a mediation practice as well as a clarification on the non-dual philosophy of Advaita Vedanta will also be offered some days in order to fully clarify the

understanding (through direct and non-intellectual experience) of the text (s).

## **PRICE**

European residents

Normal : 395 euros  
Concession : 359 euros

Swiss residents :  
Normal : 435 CHF  
Concession : 399 CHF

**Accommodation (if needed) :** 12 euros/night in shared dormitory with a big kitchen

## **SPIRIT OF THE WORK**

« Practice and research in scenic and performative creation : Perspectives and foundations »

<https://www.stephanie-lupo.com/stephanielupoworkshopsphilo>

<https://www.stephanie-lupo.com/group-performances-labo-workshops>

## **More INFORMATION and REGISTRATION**

<https://www.stephanie-lupo.com/contact>

Please send a CV or Bio and short motivation

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**Deadline to apply : March 1st 2020**

Spot is reserved by paying the totality or half of the amount by Bank Transfer (possibility to pay in 2 times)

**BANK DETAILS OF THE ASSOCIATION :**

**The Theater of Consciousness**

47 quai Charles page

1205 Genève, Suisse

**Etablissement bancaire :**

Post Finance SA, Mingerstrasse 20, 3030

Berne, Suisse

**BIC :** POFICHBEXXX

**IBAN :** CH65 0900 0000 1514 1248 4



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If you are in love with Mystery, really in love with the all  
compassionate Mystery, then she will reveal to you the Mystery  
and you will Be this Mystery, but you will not be able to describe  
what you have seen. Mystery and Beauty and Peace and Love  
are all the same thing.