

Deciphering a Paradise (Crystallization of Classical and Modern Yoga in Grotowski's theatre)

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Abstract

Jerzy Grotowski, one of the activists of the twentieth century actor training, with the launch of the second experimental theater, devoted himself to the study area of theatre. Grotowski has used classical and modern concept of Yoga in the field of training actors and producing dramatic work. In this article, the concepts which stem from Grotowski's point of view, have been classified this way: Drama as transcendence of the self, the breaking strength of theatre, the process of donation and discipline, purification of the soul that leads to training the holly actors. Individual vision which emerges from concentration Yoga, poverty and satiety in which rejecting the usual theatre full of shortcomings and accepting the poor theatre has emerged from. This article with descriptive-analysis way has attempt to demonstrate that how Grotowski in the process of training actors and also performing scene dramas has benefited from teaching Yoga. Also in this article, there is an attempt to answer this paradox why he has criticized the use Yoga. As a consequence of this study, it is said that by comparison the classical and modern Yoga with Grotowski's opinion about acting and theatre and also studying details of existing paradox on Grotowski's use of Yoga in acting we reach to this point that the quote " Yoga is inappropriate for an actor ; is a coating that encompasses the reality of Gerotovski,s theater.

Keywords: Jerzy Grotowski, labarotory theatre, poor theatre, classical Yoga, modern Yoga.