

Movement – Lesson 3

Creating Your Character's Physical Body with Wai Yim

1. How many body centers are there?

2. Describe some characteristics for each body center:
 - a. Head (open)

 - b. Head (closed)

 - c. Heart (open)

 - d. Heart (closed)

 - e. Stomach (open)

 - f. Stomach (closed)

3. Name a character from a play/musical for each body center:

4. Name a moment from a play/musical that a character changes between body centers:

