Japanese director Tadashi Suzuki came up with this extremely physical regime, which trains actors to work from their core and builds discipline, strength, and focus. The rigorous practice draws on martial arts influences and those of Japanese Noh, Kabuki, and the ancient Greek chorus.

Date: Saturday, March 11th
Time: 10:00am - 1:00pm
Location: The Whitaker in the Touhill Performing Arts Center