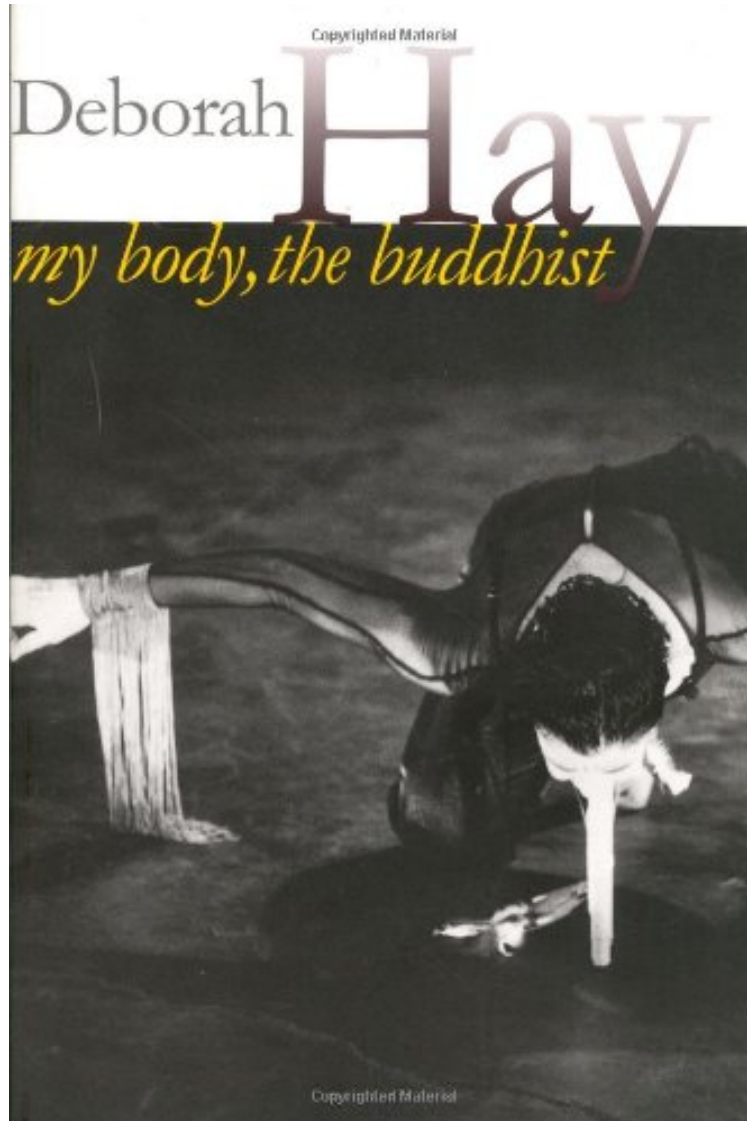


[FREE] My Body, The Buddhist

My Body, The Buddhist

Deborah Hay

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Deborah Hay : My Body, The Buddhist before purchasing it in order to gage whether or not it would be worth my time, and all praised My Body, The Buddhist:

0 of 0 people found the following review helpful. This is greatBy kierra ladon williamsThis book is brilliant!!! It was a recommended book and I love Deborah!!

Through a series of imaginative approaches to movement and performance, choreographer Deborah Hay presents a

profound reflection on the ephemeral nature of the self and the body as the locus of artistic consciousness. Using the same uniquely playful poetics of her revolutionary choreography, she delivers one of the most revealing accounts of what art creation entails and the ways in which the body, the center of our aesthetic knowledge of the world, can be regarded as our most informed teacher. *My Body, The Buddhist* becomes a way into Hay's choreographic techniques, a gloss on her philosophy of the body (which shares much with Buddhism), and an extraordinary artist's primer. The book is composed of nineteen short chapters ("my body likes to rest," "my body finds energy in surrender," "my body is bored by answers"), each an example of what Susan Foster calls Hay's "daily attentiveness to the body's articulateness."

"This book is a fascinating record of what it takes to find a dance. Ms. Hay writes frankly and intimately about looking and seeing; and noticing what many people who work in dance have learned to ignore. I am skeptical of magic, but somehow there is magic in the way she conjures her beautiful dances. A pleasure and a kind surprise." (Mark Morris) From the Publisher 6 1/4 x 9 1/4 trim. 32 illus. 3 figs. About the Author DEBORAH HAY's choreography, from exquisitely meditative solos to dances for large groups of untrained and trained dancers, explores the nature of experience, perception, and attention in dance, and has received numerous awards. Her previous books are *Lamb at the Altar* (1994) and *Moving Through the Universe in Bare Feet* (1975). SUSAN FOSTER is Professor of Dance History at UC-Riverside and author of *Choreography and Narrative* (1998) and *Reading Dancing* (1988).