



# **An Acrobat of the Heart: A Physical Approach to Acting Inspired by the Work of Jerzy Grotowski**

*Stephen Wangh*

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A Vintage Original

"The actor will do, in public, what is considered impossible." When the renowned Polish director Jerzy Grotowski began his 1967 American workshop with these words, his students were stunned. But within four weeks they themselves had experienced the "impossible."

In **An Acrobat of the Heart**, teacher-director-playwright Stephen Wangh reveals how Jerzy Grotowski's physical exercises can open a pathway to the actor's inner creativity. Drawing on Grotowski's insights and on the work of Stanislavski, Uta Hagen, and others, Wangh bridges the gap between rigorous physical training and practical scene and character technique. Wangh's students give candid descriptions of their struggles and breakthroughs, demonstrating how to transform these remarkable lessons into a personal journey of artistic growth. Courageous and compelling, **An Acrobat of the Heart** is an invaluable resource for actors, directors, and teachers alike.

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