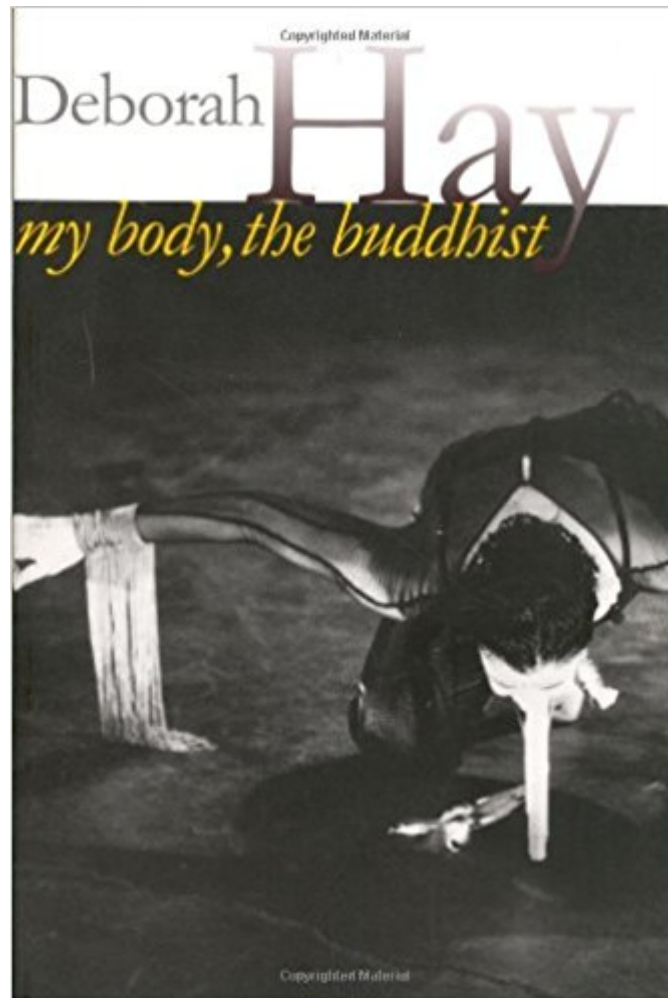


The book was found

# My Body, The Buddhist



## Synopsis

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."

## Book Information

Paperback: 133 pages

Publisher: Wesleyan; 1st edition (December 1, 2000)

Language: English

ISBN-10: 0819563285

ISBN-13: 978-0819563286

Product Dimensions: 6.1 x 0.4 x 9.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #1,120,178 in Books (See Top 100 in Books) #108 in Â Books > Arts & Photography > Performing Arts > Dance > Modern #5174 in Â Books > Arts & Photography > Performing Arts > Theater #92643 in Â Books > Humor & Entertainment

## Customer Reviews

This book is brilliant!!! It was a recommended book and I love Deborah!!

[Download to continue reading...](#)

Meditating with the Body: Six Tibetan Buddhist Meditations for Touching Enlightenment with the Body Chinese Buddhist Monasteries: Their Plan and Its Function as a Setting for Buddhist Monastic Life Buddhist Tantra: Teachings and Practices for Touching Enlightenment with the Body My Body, The Buddhist The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma A Body's Anatomy: Human Body Coloring Book My Body, My Self for Boys: Revised Edition (What's

Happening to My Body?) The Ultimate Guys' Body Book: Not-So-Stupid Questions About Your Body The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body Best Body Cookbook & Menu Plan: You're 52 days away from Your Best Body My Body, My Self for Girls, Revised 2nd Edition (What's Happening to My Body?) Adventures Beyond the Body: How to Experience Out-of-Body Travel The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World Trail Guide to the Body Flashcards Vol. 2: Muscles of the Body Anatomy: A Regional Atlas of the Human Body (ANATOMY, REGIONAL ATLAS OF THE HUMAN BODY (CLEMENTE)) A Photographer's Guide to Body Language: Harness the power of body language to create stronger, more meaningful portraits and create an experience your clients will rave about Essential Oils Set #6: Body Butters, Homemade Body Scrubs & Masks for Beginners: Natural Remedies Body Butters for Beginners [2nd Edition]: Proven Secrets to Making All-Natural Body Butters for Rejuvenating and Hydrating Your Skin Human Body: Human Anatomy for Kids - an Inside Look at Body Organs Body Bags: Body of Evidence Series #1

[Dmca](#)