

# Synergic Theater Workshop

January 4 - January 14  
1988

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This was my second Synergic Theater workshop and I feel the process of discovery & exploration begun here continues in my personal life and that I anticipate the time & space Suzanne & David so eloquently set up to continue the exploration.

What I love most, is the space they (Suzanne & David) set up - from the first day I sensed a total freedom to search & seek my own creativity & the boundaries I have

set up there + then learn  
to work - play past those  
boundaries. Synergic theater  
is not about living up to  
preconceived expectations or  
dogma concerning any of  
the elements of theater or life  
~~but rather~~ this is  
incredibly freeing & I love &  
respect this opportunity.

I feel most often while  
participating in the workshop  
completely connected to  
"my child" + the sense of  
playing, so that I'm not  
analyzing or intellectualizing  
what I'm doing - I'm  
merely doing it - I'm

experiencing something  
with as much of the totality  
of myself as I can. - am  
willing to - again, the  
bottom line is me. To the  
degree I am willing to  
immerse myself in the  
experience - that is the degree  
of impact - learning I will  
have. I sense a lack  
of "judgement" from  
Suzanne + David about  
anything that anyone does.  
There is some dialogue  
when it becomes necessary -  
but the workshop is not  
burdened with "critiquing"  
- I love that too.

It is rare to find a space where one can be so immersed in their own experience + yet so connected to the other participants. A very internal communication happens during the workshop between the members. For me personally, I derive <sup>the</sup> greatest joy from working with others - + seeing how together we can work through something. I never cease to be amazed how different people interpret a ~~same~~ given exercise or request from Suzanne + David - I get

so much inspiration +  
knowledge by observing the  
other members in the group.

The diversity of the group  
both times I've participated  
has also been extremely  
exciting + refreshing.

I do not find thus far  
anything ~~I do not find~~ not  
valuable, informative + important  
to my personal growth.

The "negatives" I've experienced  
came from within myself -  
blocks from myself to myself.

+ I believe the workshop  
not only brought me face  
to face with them, but  
helped me in learning how

to overcome them.

I am deeply grateful for the opportunity these workshops bring for my own growth & I look forward to the next time I can participate. I find the Synergic Theater Workshop invaluable to anyone from all walks of life who wants to explore their dreams, creativity & inner resources.

Thank you.