



La Expresion Corporal (Taller de Teatro)

Jacques Choque



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La Expresion Corporal (Taller de Teatro) Jacques Choque

Author Jacques Choque proposes many different exercises and movements to express yourself. Each session is designed to reveal a new self-discovery thanks to the wonderful instrument that is the human body. Each one urges you to dig deeper to find the harmony between mind and body. These body expression activities allow readers to be conscious of their possibilities and to better themselves.



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192 pages

About the Author

Jacques Choque is a prestigious professional of the scenic arts with more than 20 years of practice, specializing in yoga and aikido. He teaches classes and gives conferences all around the world.

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