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Sommario/riassunto

In *Conscious Theatre Practice: Yoga, Meditation, and Performance*, Lou Prendergast charts a theatre research project in which the notion of Self-realisation and related contemplative practices, including Bikram Yoga and Vipassana meditation, are applied to performance. Coining the term 'Conscious Theatre Practice', Prendergast presents the scripts of three publicly presented theatrical performances, examined under the 'three C's' research model: Conscious Craft (writing, directing, performance; Conscious Casting; Conscious Collaborations. The findings of this autobiographical project fed into a working manifesto for socially engaged theatre company, Black Star Projects. Along the way, the research engages with methodological frameworks that include practice-as-research, autoethnography, phenomenology and psychophysical processes, as well immersive yoga and meditation practice; while race, class and gender inequalities underpin the themes of the productions.
