

**Michael Randolph**

**Emotions Acclaimed, Emotions Acknowledged, Emotions Repressed – How Tricky Can It Get!?**

Love, Humour, Energy, Anger, Fear, Grief, Disgust and Astonishment were the eight emotions mentioned in an ancient guide to Hindu theatre. Let's use this as a starting point to discuss how we live with emotions and, apparently, without them. I want to look particularly at how "as if" emotions stimulate emotional growth in the child and remain a driving force in adult life and also how present and past epidemics of hate for essentially imaginary objects are rooted in dis-incarnated rage.

The workshop will be conceptual, experiential and interactive (and not as drastically challenging as it sounds!)