



# Notes From An Odin Actress: Stones of Water

*Julia Varley*

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‘As an actress I sit, speak, run, sweat and, simultaneously, I represent someone who sits, speaks, runs and sweats. As an actress, I am both myself and the character I am playing. I exist in the concreteness of the performance and, at the same time, I need to be alive in the minds and senses of the spectators. How can I speak of this double reality?’ – Julia Varley

This is a book about the experience of being an actress from a professional and female perspective. Julia Varley has been a member of Odin Teatret for over thirty years, and *Notes from an Odin Actress* is a personal account of her work with Eugenio Barba and this world-renowned theatre company.

This is a unique window onto the in-depth exercises and day-to-day processes of an Odin member. It is a journal to enlighten anyone interested in the performances, the discoveries and the hard physical work that accompany a life in theatre.

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