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## Raw Wood and Sky

By Justin Westcoat Sanders

It is a testament to Sten Rudstrom's abilities as a performer that he's been asked to conduct a workshop at Conduit, Portland's premiere modern dance studio. An improvisational master, Rudstrom double-majored in math and chemistry as an undergrad, then proceeded to get TWO MFAs, one in performance, and one in creative writing. Onstage he's as likely to fly off on verbal tangents about yoga and esoteric sciences as he is to flit around ballet-style, then throw himself to the ground and pop back up with startling speed and agility. In the mediums of live theater and dance, he is a true Renaissance man. During his three-day Portland stay, he'll be conducting his patented Action Theatre Workshops, which are "for anyone who wishes to access imagination," and also performing *Raw Wood and Sky*, an improvisation with his longtime collaborator Cassie Terman. Take the class or see the show; either way you you'll be a little sounder of body and mind.