

Taking Your Performance to the Next Level with the Alexander Technique

Course duration: 1 Day (5 Hours)



Discover why the world's top acting schools teach the Alexander Technique.

This group course is designed for actors of all ages, abilities and experience. Using practical exercises, participants will learn how to apply the basics of the Alexander Technique to help:

- **Improve posture to release tension, improve movement, breathing and voice**
- **Deal with performance anxiety**
- **Be in the moment to get into character**
- **Deal with the demands of performing through recovery and relaxation techniques**

The physical benefits are obvious for an actor. Any tension, no matter how slight, will compromise your performance. Tight muscles can affect your breathing and consequently your voice; that same tension will challenge your movement and prevent the natural gestures that make your character believable.

The course objective is for actors to recognise the factors that underpin performance, and learn practical techniques to improve them. The session includes:

- **Making good posture easy**
- **The impact of posture on breathing and voice**
- **Promoting poise, balance and efficient movement**
- **Preparing to prepare**
- **How to use nerves/ performance anxiety to your benefit**
- **Traditional acting warm-up games to rehearse applying the techniques learned in the session**

The course also draws upon the methods of Stanislavski and Chekhov to help 'get into the moment' in an instant, also known as 'The Flow' or 'The Zone.' This vital skill allows you, the actor, to lose the mannerisms (movement habits) that are uniquely yours, and let the character inhabit your body so your movement and gestures become that of your character.

Tutor: Roy Palmer MSTAT
Member of the Society of Teachers of The Alexander Technique
Associate Lecturer, The University of Northampton - BA (Hons) Acting Course

Cost: £40 (discount for larger groups)

"Roy has worked with our Acting students for the past five years. Our students have improved their posture, breathing and ability to use their bodies. The Alexander Technique has been a significant addition to their training regime."

Chris Burdett, Programme Leader – BA (Hons) Acting, The University of Northampton