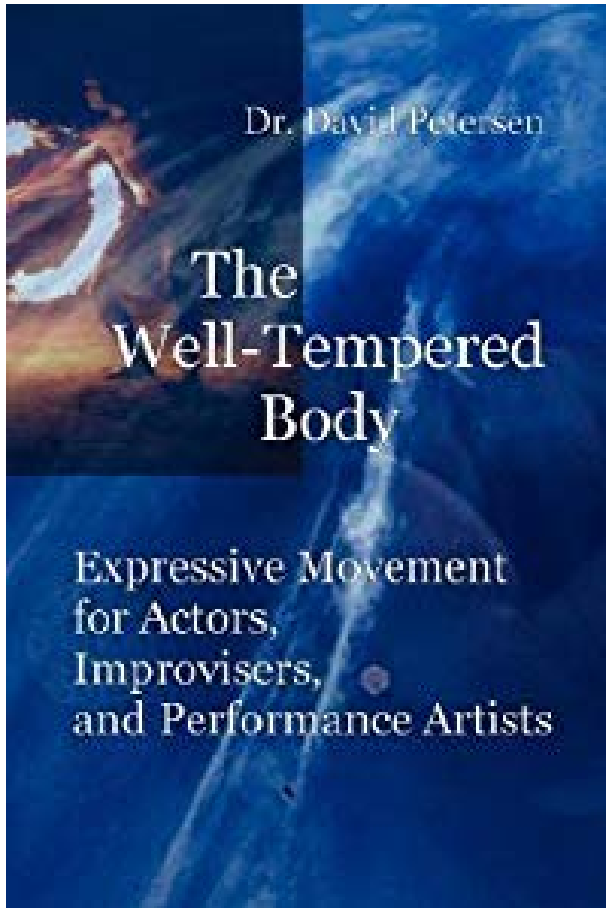


The Well-Tempered Body: Expressive Movement for Actors, Improvisers, and Performance Artists



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Wake up your body with this unique program of solo, pair-work and ensemble exercises, inspired by the writings of the great directors from Stanislavsky onwards. Delve into the physical side of characterization with Laban, and learn practical ways of organizing rehearsals and movement improvisations. Topics include the power of physical expression, the motion of emotion, the plasticity of the body, and techniques for expanding reach-space. There are also illustrations, movement charts, and reference sections including mini-biographies of Copeau, Decroux, Barba and other prominent figures of the 20th century theater. Every performer needs to establish a connection with the audience, and the key to this is body language.

Learn from the writings of the theater greats to develop as a professional, and as a person.