

Meisner Technique International presents



LONDON 2015 January to June
Acting Courses and Workshops
for actors, teachers, artists, and non-performers!



Led by instructor Royce Sparks

Facebook.com/Groups/MeisnerInternational

Meisner Technique International

Authenticity. Spontaneity. Practicality. Truthfulness.

Repetition of the Body: Exploring Physical Impulses through the Meisner Technique and Tanaka Min

A day-long workshop that fuses the truthfulness of the Meisner technique with the depth and power of the relaxation exercise, Tanaka Min.

When: Sunday, 31 May; 10:30-17:30.

Where: The Leicester Square Theatre Rehearsal Room; The Vestry Hall, St. George's Church; 6-7 Little Russell Street, Bloomsbury, WC1A 2HR.

Cost: £26. Two scholarships are available for this workshop for artists on a budget. Inquire when applying. Unless agreed on otherwise, payment is due within 10 days of being accepted into the course.

Special note: A 10% discount is available to members of the Impulse Company, present or former, AND students, also present or former, of the Royal Central School of Speech and Drama.

Places: Places max at 14 people per group. A waiting list will be created.

Booking: E-mail Roycesparks@gmail.com to ask questions and to book a spot.

Course details:

While the Meisner technique is rooted in the principles of what is happening to you is dependent on the other person, the nature of our impulses resides within our bodies. When

parts of our bodies are locked, or held, our ability to access our full range of impulses is naturally restricted. Most relaxation techniques target the most obvious habitual tensions of the actor, but the deeper tensions and physical restrictions remain unaddressed, and so the actor will continue to fall into their familiar habits of tension. These tensions can permeate even into our ability to live truthfully within the technique of repetition.

This workshop addresses this problem by introducing participants to Tinaka Min, a little known but highly effective relaxation technique. By combining Tinaka Min with repetition, we begin the conditioning process of releasing tensions and opening up the possibilities of the body to do its fullest work in repetition. It's deep, powerful work, and you'll feel fantastic after it.

This workshop is ideal for the following people with basic experience in the Meisner technique of repetition:

- actors concerned about their physical presence onstage
- performers who face the challenges of performance anxiety on a regular basis
- directors interested in the possibilities of relaxation for actors
- practitioners of the Meisner technique interested in deepening the physical dimensions of impulse work
- performers of other mediums, including puppetry, dance and various psycho-physical approaches to performance
- people who suffer from anxiety in their daily interactions with other people

SPECIAL DISCLAIMER: Please take note that Tinaka Min is a contact-based exercise; while the personal comfort of each student takes first priority, it might be worth considering that if you are not as comfortable with light external physical contact this workshop might not be ideal for you.

About the instructor:

- Masterclass lecturer at UCL on the MSc Leadership Course in 2015
- 5 modular years experience with the Impulse Company, ongoing
- Certified by leading world-expert Larry Silverberg to teach the Meisner technique
- MA in Actor Training and Coaching (Royal Central School of Speech and Drama)
- Experience teaching the Meisner technique at Royal CSSD and Kingston, as well as professional workshops in Europe, the United States and Canada
- Working screen/screen, as well as business skills coach
- Professional actor with stage and screen credits

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