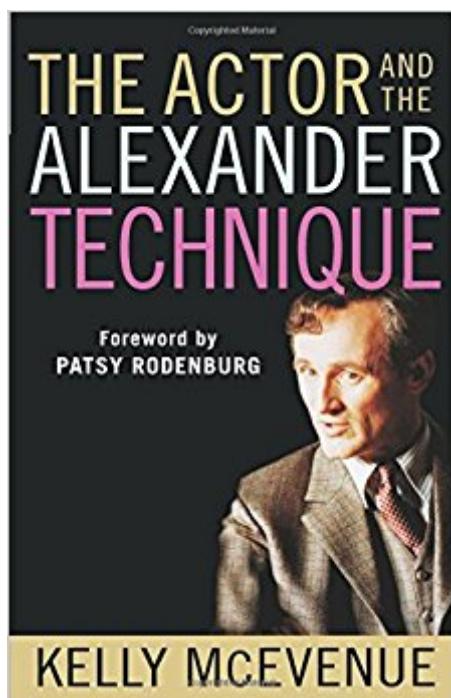# The book was found

The Actor And The Alexander Technique

Synopsis

F.M. Alexander developed the Alexander Technique of movement in the early 20th century. Combining vocal clarity and body movement, Alexander developed a performance coaching method that is used by dancers, actors, singers, etc. In The Actor and the Alexander Technique, Kelly McEvenue writes the first basic book about how this unique technique can help actors feel more natural on the stage. She provides warm-up exercises, "balance" and "center" exercises, spatial awareness exercises. She talks about imitation, the use of masks, nudity on the stage, dealing with injury and aging. She talks about specific productions that have successfully used the Alexander Technique, such as "The Lion King". With a foreword by Patsy Rodenburg of our own phenomenal The Actor Speaks this is a book that belongs on the shelf of every working and studying actor.

Book Information

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Customer Reviews

Ã¢â ¬Å"Destined to become a classic for the working actor's bookshelf.Ã¢â ¬Â•Ã¢â ¬â ¢Library Journal

Kelly McEvenue is a certified teacher of the Alexander technique. She is one of the main acting coaches for the Stratford Shakespeare Festival in Ontario.Patsy Rodenburg is Director of Voice at London's Royal National Theater and the Guildhall School of Music and Drama.

I received my book right away and in good condition. Just love the book and am already doing the

exercises that are given. They are described clearly and are easy to follow. Very happy with this book. Thanks so much.

I purchased this book as a required reading for a college course. I enjoyed the exercises provided in the text but only read the rest of the book because I was expected to. Would probably be good for an actor or theatre studies student, which I am not. Decent read.

The Actor and the Alexander Technique The Power of the Actor: The Chubbuck Technique -- The 12-Step Acting Technique That Will Take You from Script to a Living, Breathing, Dynamic Character An Alexander Technique Approach to Conducting (Conductors') Technique More Short Scenes and Monologues for Middle School Students: Inspired by Literature, Social Studies, and Real Life (Young Actor Series) (Young Actor Series) (Young Actors Series) An Actor's Companion: Tools for the Working Actor Heath Ledger: Talented Actor: Talented Actor (Lives Cut Short) The Actor's Art and Craft: William Esper Teaches the Meisner Technique To the Actor: On the Technique of Acting Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain What Every Dancer Needs to Know About the Body: A Workbook of Body Mapping and the Alexander Technique/G7847 The Alexander Technique Manual: Take Control of Your Posture and Your Life Dance and the Alexander Technique Body Learning: An Introduction to the Alexander Technique Indirect Procedures: A Musician's Guide to the Alexander Technique (The Integrated Musician) Body Learning: An Introduction to the Alexander Technique, Second Edition Advanced Technique for Strings: Viola: Technique and Style Studies for Orchestra Essential Technique for Strings (Essential Elements Book 3): Cello (Intermediate Technique Studies) Complete Technique for Modern Guitar: Over 200 Fast-Working Exercises with Audio Examples (Guitar Technique Book 5) True and False: Heresy and Common Sense for the Actor The Actor's Book of Gay and Lesbian Plays