

The Foundation: Voice and Body Training for the Actor

Saturdays 2:30-4:30pm

Jan 10, 17, 24 and Feb 7, 14, 28

\$150 for this 18 hour course

Location: Powerful Fitness Gym, 4210 St Claude Ave New Orleans, LA 70117

www.thehatcherymedia.com

Instructor: Joseph Meissner joseph@thehatcherymedia.com

This first acting course from The Hatchery Media will focus on building the foundation for subtle, deep, and compelling acting: the voice and body.

The voice and body are the actor's instruments. Learning to relax and connect to deep impulses, to allow natural unfiltered reactions to flow out of imaginary situations and to respond spontaneously and unselfconsciously to a partner or situation are the keys to subtle and powerful performance.

A resonant and versatile voice contributes greatly to an actor's appeal, or "presence" on screen or on stage. The source is not always immediately obvious to an audience, but actors such as Morgan Freeman, Liam Neeson or George Clooney have a seemingly indefinable charisma that stems from the richness and resonance of their voice.

Vocal training can increase your emotional range as you learn to overcome self-consciousness, relax and allow your impulses full expression. It can also lend you a greater character range as you can draw on a strengthened sense of confidence, project higher status, and find a deep emotional center.

Many actors are too quick to dismiss voice and body training because it doesn't seem directly relevant to the work you do in front of a camera, but consider the following analogy. A boxer doesn't run into the ring when the bell sounds, jump down on the canvas and start knocking off sets of push ups. At that moment, push ups are not going to win the bout for him. But if a boxer has not done thousands of push ups in preparation for a fight, he will be at a serious disadvantage against a well-conditioned opponent.

Voice and body training work the same way for an actor. You must have a well-prepared foundation supporting you as you walk on the set. Once the director calls "action," you forget all your preparation and let your instincts carry you through the performance with the confidence, depth and versatility that your training has given you.

Aside from the voice and body work, this class will be focused on helping you answer questions and overcome obstacles you have encountered in your acting process. I encourage everyone to email me with questions or issues related to acting that you would like to explore.

I will ask everyone to bring in scenes or monologues that they want to work on, perhaps something you auditioned with recently. Please get these to me as soon as you can so that I can evaluate whether it seems like good material for you to be working with. We may draw on some of these texts for the vocal exercises as well.

The voice training we will be doing comes from the book [Freeing the Natural Voice](#) by Kristin Linklater. I strongly recommend that you purchase a copy and read each chapter in advance of the class that we will be doing the exercises. The techniques in this book use the imagination to unify body/mind/feeling, breath, sound and instinct in manifesting character.