

INTRODUCTION TO THE STANISLAVSKY TECHNIQUE

Achieving a creative state of mind

A 20 hour course over 4 or 8 weeks in the
Colchester area



COURSE OUTLINE

The aim of this course is to provide students with the basic knowledge to gain an appreciation of the Theatre Practitioner Constantin Stanislavsky and have experience of his Acting Techniques, working towards the 'Creative State of Mind'.

Session by session the students will learn areas of Stanislavsky's method and experiment with these techniques through practical exercises/improvisation. The student's will be required to assess the techniques to decide whether these could be introduced into their own method of acting. A brief history of Stanislavsky's life will also be covered. Solo exercises and experimentations will be encouraged outside of the course and the tutor will provide these for personal use and evaluation.

This course is aimed at students who have some experience of acting and wish to develop their own acting technique. If you have bags of enthusiasm; if you have a love of, (or a cunning curiosity for!) theatre; if you are keen to learn with and from others in a friendly and supportive atmosphere; if you want to share new experiences and discoveries.....then this course is for you!

Please wear loose, comfortable clothing and soft-shoes (i.e. Jazz Shoes/Trainers) for the classes. Tea and Coffee will be provided and there will be a short break in each session.

If you would like to register your interest to attend this course please send an email to Suzanne Bailey at Chameleon's Web Theatre Company soobearbailey@yahoo.co.uk or alternatively use the contact page on the website. Once we have enough registrations we will then contact those interested with further details including fees.