

Sunday, March 17, 2019

6-Week Movement Intensive for Actors

Company: Meredith Glisson Movement

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Ian Douglas

INTENSIVE DESCRIPTION

Becoming is a 6-week workshop for actors seeking an in-depth study of their expressive body. Designed by a contemporary dancer and movement coach, the focus will be on grounding the actor through image-making, choreographic positioning and body timing. Each 3-hour session begins with a movement warm-up followed by creating motivational scores and time-based character developments. The second part is an experimental approach to scene study that enables the actor to find rhythmic physicality and body awareness. Emphasis is on the actor producing alternative interpretations with their text and movement through situational and behavioral strategies. The workshop aims for the actor to consistently maintain the act of becoming.

INSTRUCTOR

Meredith Glisson is a Brooklyn-based movement coach, actor, and choreographer for stage and film. She has presented her work in France, England, Philadelphia and New York and is a selected artist for the C.O.C.A – Center of Contemporary Artists and the Aesthetica Anthology Magazine. She holds her MFA degree in Interdisciplinary Practices from Falmouth University (UK) partnering with dramaturgy, theatre and dance programs in Berlin and Zagreb. She also received her advanced degree in Performance Practices at the national choreographic center in Lyon, France with Compagnie Maguy Marin. She completed her BA degree in Dance and French at Hollins University in the USA.

DATES

March 28th - May 2nd 2019
Every Thursday, 6pm - 9pm

LOCATION

Actors Theatre Workshop
145 W 28th Street
3rd Floor
Studio 1
New York, New York 1001

COST

6-Week Intensive: \$300

DETAILS & REGISTRATION

Please visit: www.meredithglisson.com

Questions, please email Meredith Glisson at mereglisson@gmail.com

