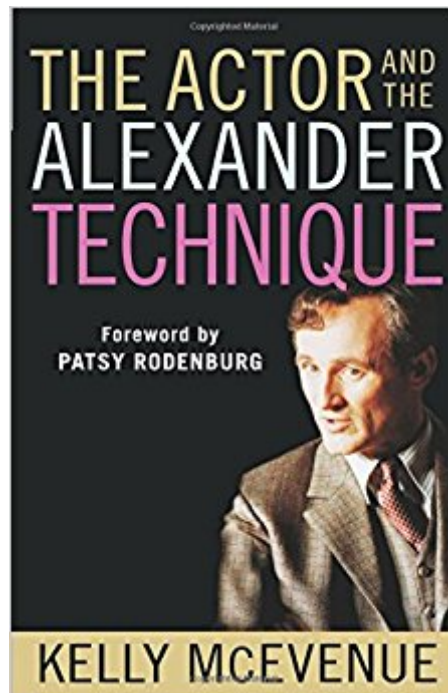




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The Actor And The Alexander Technique



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

“Destined to become a classic for the working actor’s bookshelf.”
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.

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