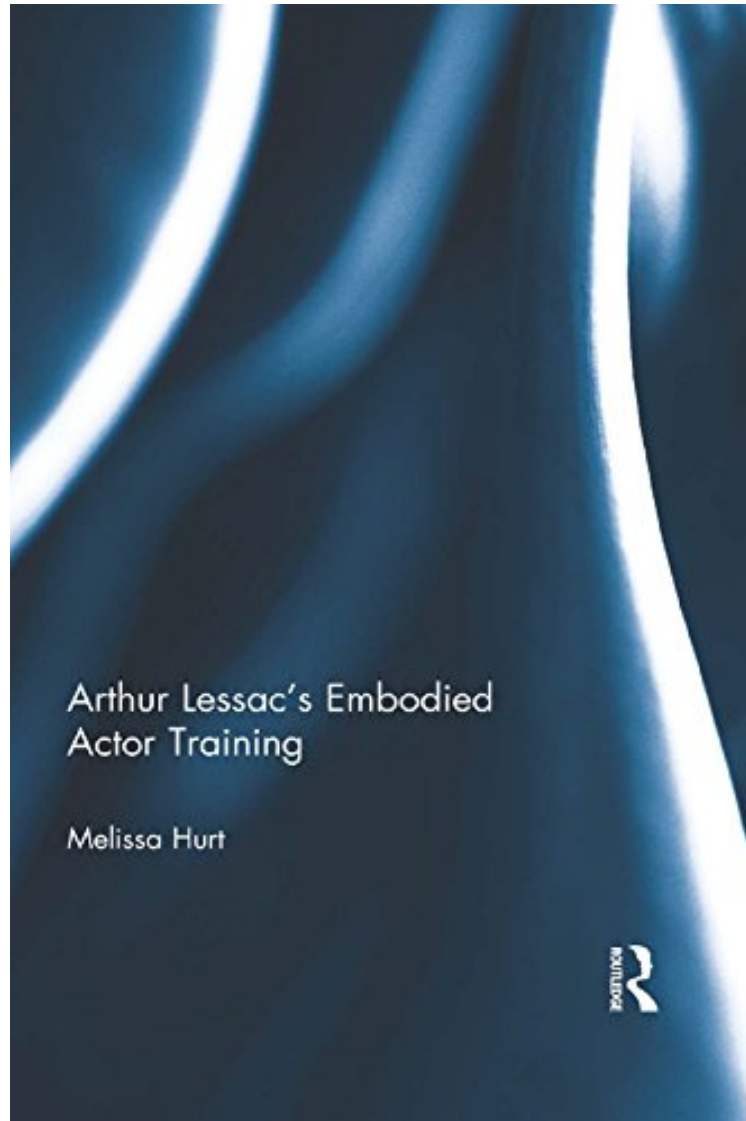


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## Arthur Lessac's Embodied Actor Training

*Melissa Hurt*

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**Melissa Hurt : Arthur Lessac's Embodied Actor Training** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Arthur Lessac's Embodied Actor Training:

1 of 1 people found the following review helpful. Full Sensual Embodied Acting By Kathleen M. Thomas Fully embodying life and experience, through a rich dialectic between body and mind, is the goal of many actors. Arthur Lessac spent much of his career exploring how this embodiment could be achieved, allowing the body's movement and musculature an equal voice. Dr. Hurt brings Lessac's work to life with clarity and passion, making his theories and practices accessible to a new generation of actors striving to perfect their craft. 1 of 1 people found the following review helpful. Melissa Hurt provides an excellent summary of Lessac's life and work By Steve

WehmeierDr. Melissa Hurt provides an excellent summary of Lessac's life and work. She explains how his theories and practical exercises can be placed into the context of other curriculums. As more practitioners look to expand their training modalities this work should be a vital aid.

Arthur Lessac's Embodied Actor Training situates the work of renowned voice and movement trainer Arthur Lessac in the context of contemporary actor training. Supported by the work of Constantin Stanislavsky and Maurice Merleau-Ponty's theories of embodiment, the book explores Lessac's practice in terms of embodied acting, a key subject in contemporary performance. In doing so, the author explains how the actor can come to experience both skill and expression as a subjective whole through active meditation and spatial attunement. As well as feeding this psychophysical approach into a wider discussion of embodiment, the book provides concrete examples of how the practice can be put into effect. Using insights gleaned from interviews conducted with Lessac and his Master Teachers, the author enlightens our own understanding of Lessac's practices. Three valuable appendices enhance the reader's experience. These include: a biographical timeline of Lessac's life and career, sample curricula and a lesson plan for teachers at university level, explorations for personal discovery. Melissa Hurt is a Lessac Certified Trainer and has taught acting and Lessac's voice, speech, and movement work at colleges across the United States. She has a PhD from the University of Oregon and an MFA from Virginia Commonwealth University.

About the AuthorMelissa Hurt is a Lessac Certified Trainer and has taught acting and Lessac's voice, speech, and movement work at colleges across the United States. She has a PhD from the University of Oregon and an MFA from Virginia Commonwealth University.