Abstrakt Acting

Classes

One on One (Live or Zoom)- $50/ 30 min

Packages

3 30 minute classes for $125

6 30 min classes or 3 hr classes for $225

Covers a quarter to half course worth of Method acting technique, coaching for zoom and in person auditions, voice and speech training, breathe control and movement for actors, script analysis and more!

Full Beginners Actors Apprentice  Course 6 1 hr classes or 12 30 min classes for $450

Full Intermediate Thespian Theory Course 6 1 hr classes or 12 30 min classes for $650

Full Advanced Slavski Studio Course 6 1 hr classes or 12 30 min classes for $800

Long term targets:

 • Students feel comfortable accessing emotional motivation through affective memory to advance a scene.

 • Learn to develop story and character during rehearsal.

• Develop a strong foundation for basic acting methods and techniques.

End of Third Class-  assign a short monologue. To be recited at the end of course.

Beginners Abstrakt Acting Course 6 1 Hr classes $450

Workshop 1- Intro to Acting and Theatre Vocabulary

Workshop 2- Method to the Madness: Stanislavski:

Workshop 3- Movement and Speech

Workshop 4- Sense Memory Journal and Emotional Recall

Workshop 5- Auditioning for Film, Television, and Media

Workshop 6- Monologue Critique and Final Assessment

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| Class 1 60 min  Long term targets:   • Students feel comfortable accessing emotional motivation through affective memory to advance a scene.   • Learn to develop story and character during rehearsal.  • Develop a strong foundation for pieces being performed for competition.  Class 2 60 min  Short term targets:  • Recall memories from the recent and distant past using relaxation and focus exercises that hone in on specific senses.  • Use meditation and yoga to relax and focus the body and mind daily.  • Use the entire scope of the emotional spectrum to your advantage.  • Connect with emotions by inducing sense memory. |
| Class 3  Long Term~ What separates a monologue from a duet scene and why it is important for every actor. ”  Short Term ~ Selection of performance material ~, Rehearsal, Performance of monologue ~ Application of subtext to a monologue. |
| Class 4  Long Term ~ Preparing for the new normal: live and recorded video auditions.  Short Term~ Gain confidence in auditioning for any level of acting. |
| Class 5  Short Term ~ Familiarizing on the Linklater Method which uses the knowledge of the human anatomy as the actors greatest tool.  Long Term ~ Understanding, Control and Confidence in the body's functions and mechanisms allowing students to excel in any performance environment. |
| Class 6  Short Term:  Introduction to Uta Hagens groundbreaking manuscript.  Long Term: This approach helps actors to be specific in their actions in order to communicate an artistic statement. |

Intermediate Thespian Theory 6 1 Hr classes $650

Workshop 1 - Intro to Screenwriting- Warm Ups with a twist. New Tongue twisters introduced. Vocabulary for Actors (stage directions, agents, manager, director, producer, screenplay, script)

Workshop 2- Intro to Stage Combat- how to fall, land, slap, and push on stage and in film and television.

Workshop 3- Mime’s and Movement- exploring the importance of action and movement in character development.

Workshop 4- Emotional Recall Round 2- Crying on command. Using the memory journal to access raw emotion consistently. New emotionally charged monologue assigned to be memorized and performed at the end of class 6.

Workshop 5- Auditions- How to nail callbacks and book the gig! Cold readings and improv auditions with the competition.

Workshop 6- Duet Acting- How to bond with your partner and build chemistry with a stranger.

Advanced Stanislavski Studio Course 6 1 Hr classes for $800