



CHEKHOV ACTING TECHNIQUE

(Not to be confused with the playwright Anton Chekhov!)



Investigate the concept of movement & your relationship to space, to others & to situations

Increase body awareness & emotional alertness to create characters with real behavior

Work on selections from plays, poetry & prose

Based on the best of the Russian masters:
Stanislavski / Meyerhold / Vakhtangov

1

Learn to create characters using the body as a physical & emotional tool

2

Approach the text from a kinesthetic & impassioned point of view

3

Enhance your awareness to your physicality, feelings, & thought process

