

SANFORD MEISNER TECHNIQUE



A systematic & methodical approach to bring the artist back to his emotional impulses.

1

Build a solid Acting Methodology through a series of vigorous exercises

2

Develop skills in trusting your instincts, applying the use of objectives & working moment to moment

3

Use the imaginary world to be emotionally full & to express your individuality

Maintain a high level of concentration

Ability to authentically listen

Introduction to Activities

Scene work incorporating the Meisner disciplines

