

MOVEMENT STYLES



Learn to consciously use the body as a means of communication, character creation & stage/set presence.

1

Explore different archetypes & time periods

2

Connect with character's emotions through their primal needs & desires

3

Find the character's center & the animal within

Bring the character's Body Language to life thru:

- Articulation
- Tempo
- Rhythm
- Shape

Utilize Physical Exploration to Expand Imagination & Creative Thinking

