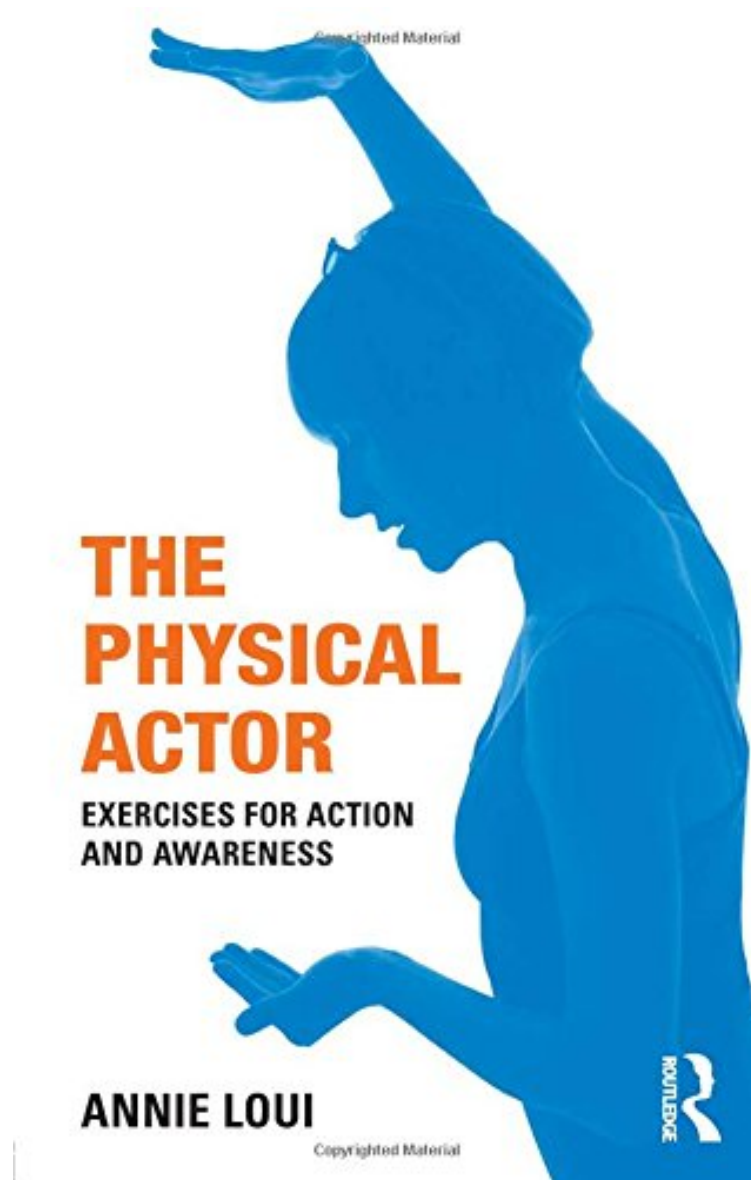


[Free] The Physical Actor: Exercises for Action and Awareness

# The Physical Actor: Exercises for Action and Awareness

Annie Loui

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Annie Loui : The Physical Actor: Exercises for Action and Awareness before purchasing it in order to gage whether or not it would be worth my time, and all praised The Physical Actor: Exercises for Action and Awareness:

The Physical Actor is a comprehensive book of actors exercises, designed for the development of a strong and flexible physical body able to move with ease through space and interact instinctively on-stage. Annie Loui draws on her training with Etienne Decroux, Carolyn Carlson and Jerzy Grotowski to bring Contact Improvization into the theatrical sphere and explain how it can be used to work with texts and applied directly to the theatrical stage. This book will guide the reader through a full course of movement skills, from daily warm-up to: partnering skills spatial awareness for groups and individuals fine motor control through mime heightened co-ordination and sustained motion.