

Visual Education Centre

The Expressive Actor Training Series (4 Volumes)

Complete Series: 245 min. • Gr. 9-Adult • 2014 • First Light • S0004687 • \$249.95
Streaming Rights Also Available • 1 Yr: \$500 • 3 Yr: \$750 • 5 Yr: \$1,000

THE EXPRESSIVE ACTOR: EXPRESSIVE ACTION



"The study of acting should begin with physical action - a specialized, structured, flexible and adaptable physical action that is enlisted in the direct service of the expression of thought and feeling. I call this integrated physical action an expressive action." - Michael Lugering

A group of actors work through a series of carefully structured exercises and improvisations that unlock the physical, raw materials that make human expression possible. Whether the actor is expressing love, loss, rage or joy, unlocking these universal feelings will provide the building blocks for captivating and dynamic acting.

70 min. • Gr. 9-Adult • 2014 • First Light • F2802DVD • \$64.95
Streaming Rights Also Available • 1 Yr: \$130 • 3 Yr: \$195 • 5 Yr: \$260

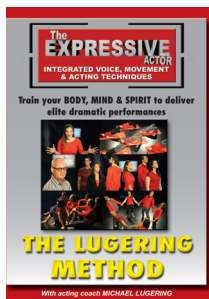
THE EXPRESSIVE ACTOR: IMPROVISATION



Actors demonstrate a variety of improvisatory techniques and exercises designed to expand the actor's imagination and expressive power. Rooted in impulse, spontaneity, and creativity, the improvisations will lead students to new and unfamiliar methods of expression they never thought possible and many of which they have never experienced in their personal life. These basic exercises can easily be modified and adapted for on-going growth and development. All the while, students' acting repertoire increases and become more nuanced and sophisticated.

70 min. • Gr. 9-Adult • 2014 • First Light • F2804DVD • \$64.95
Streaming Rights Also Available • 1 Yr: \$130 • 3 Yr: \$195 • 5 Yr: \$260

THE EXPRESSIVE ACTOR: THE LUGERING METHOD



Joan Melton, an internationally recognized actor trainer and author, interviews Master Teacher Michael Lugering in a theoretical discussion of recent discoveries in philosophy, somatic psychology, neuroscience and aesthetics that underpin the integrated voice, movement and acting method presented in this series.

35 min. • Gr. 9-Adult • 2014 • First Light • F2801DVD • \$64.95
Streaming Rights Also Available • 1 Yr: \$130 • 3 Yr: \$195 • 5 Yr: \$260

THE EXPRESSIVE ACTOR: VOICE & BODY EXERCISES



A group of actors demonstrate a series of voice and body exercises that unite a series of moving, breathing and sounding actions in an integrated full-bodied acting workout. These smart exercises do more than simply build essential skills in alignment, movement, respiration, resonance and range, but simultaneously prepare the actor for the expression of the body's richest and most powerful thoughts and feelings. The goal is the development of a flexible and dynamic voice and body that is hard-wired to express thought and feeling.

70 min. • Gr. 9-Adult • 2014 • First Light • F2803DVD • \$64.95
Streaming Rights Also Available • 1 Yr: \$130 • 3 Yr: \$195 • 5 Yr: \$260

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 A Global Eagle Entertainment Company

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- Toll-Free Phone: 1-800-668-0749 • Fax: 1-866-664-7545 • General Email: sales@visualed.com
- Customer Service - MATTHEW BLIGHT (Ext. 257) • mblight@visualed.com
- Sales: AB - MIKE TIEMAN (Ext. 835) • Fax: (403) 266-1781 • mtieman@visualed.com
- Sales: All Other Provinces - BARB BATTEN (Ext. 243) • bbatten@visualed.com