

Introduction to the Alexander Technique in Performance and Presentation

Saturday, July 10, 2010

This workshop with certified Alexander Technique teacher **Kelly McEvenue** is lively, informative and experiential.

What is the Alexander Technique?

F. M. Alexander, born in Tasmania, was an actor in the late 19th century who suffered vocal loss caused by physical tension. He discovered a method to free his voice by releasing contractive, downward pressure in his head and spine. The Alexander Technique is a study of movement with principles that re-direct the body to move with greater ease, helping to eliminate unwanted physical habits and tensions in the body and voice.

About the workshop

Participants will learn, through practical exercises, how to observe and ground the body and breath through the physical awareness of functioning in presentation situations. Kelly will help participants identify their individual habits and guide them to experience release and freedom in their physicality.

This is a movement class. The workshop is gentle, playful and fully interactive. Participants should come dressed for movement, and should be prepared to work on mats on the floor. Adults of all ages are welcome.

Testimonials

“Kelly is very easy to work with and made everyone comfortable. She is an excellent teacher.”

“I am a lawyer who does trial work. I thought that many of the skills and techniques used by actors to keep the body and voice in condition might be applicable to trial work. They are.”

“Kelly’s program made me feel so awake and alive but the most grounded I’ve felt in years! Thanks.”



Instructor

Kelly McEvenue is the preeminent Alexander Technique teacher in the world of classical theatre. She's been a valued movement coach with the Festival for 27 seasons.

She is an Associate Artist at Soulpepper Theatre Company and has worked at the University of Toronto's Opera School, Humber College, Mirvish Productions (*The Lion King*) and CanStage (*The Syringa Tree*).

Internationally, she has assisted renowned voice teacher Patsy Rodenburg in several International Workshops for Voice Teachers, and has taught at the Guildhall in the U.K. She is a guest artist at Interlochen School for Performing Arts and Wayne State University. She has taught communication and performance skills to politicians, corporate executives, lawyers and teachers.

A movement consultant for numerous films and television programs, she coached Shawn Ashmore to play Terry Fox in Shaftesbury Films' *Terry*. She assisted film director Jeremy Podeswa on script and character development workshops for his films *The Five Senses* and *Fugitive Pieces*. Her masterclasses can be seen on CBC's *Triple Sensation*.

She is the author of *The Actor and the Alexander Technique*.

