

**‘The Reality of Doing’:  
An Introduction to the Meisner Technique  
22nd & 23rd September, 2:30pm - 5:30pm**



The Meisner Technique is a series of practical exercises which train us (actors) to focus attention on our scene partner and respond impulsively – moment by moment – to their observed behaviour. Developed by American acting teacher Sanford Meisner in the mid-20<sup>th</sup> Century, the technique is now a widely recognized and respected approach to the actor’s craft.

In this practical workshop participants will familiarize themselves with Meisner’s Repetition exercises, fine tune their observation skills and begin to explore how the technique enables us to **‘live truthfully under given circumstances.’**

This workshop is aimed at professional level and aspiring professional actors with some experience as well as drama students and graduates; no previous knowledge of the Meisner Technique is necessary.

Totalling 6 hours, the workshop takes place in the Drama Studio at the Exeter Phoenix over the afternoons of Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> September from 2:30 to 5:30pm.