



The Alexander Technique For Actors (Performance Books)

Kelly McEvenue

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This practical book with illustrations links Alexander technique to acting, dancing and singing by the trainer of performers on The Lion King

The Alexander Technique is a method of physical relaxation that reduces tension and strain throughout the body. It promotes a beneficial use of movement that is stress-free by learning to free-up the body. It teaches an individual to use their body efficiently in order to avoid damage or loss of control. Kelly McEvenue has been teaching the Alexander Technique to performers for nearly twenty years and is a world expert on the system. In this book she draws on her considerable experience and sets up a series of set-by-step warm-ups and exercises that anybody can follow. The exercises are linked to accurate anatomical drawings, showing where stress is most pronounced in the body.

The Foreword is by Patsy Rodenburg, Head of Voice for the Royal National Theatre and author of Methuen titles The Right to Speak and The Actor Speaks.

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