

## Method Acting for Sane People

Written by Editor

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"Some people call it "the sane version of Method acting," said instructor Gail Westerfield, who is preparing to teach a class in Meisner Technique at ARTworks. "The class will be an introduction to the fundamentals of Sanford Meisner's work, a practice that trains actors to be fully 'in the moment' on stage. Through a series of exercises, both experienced and inexperienced actors will learn what Meisner called 'living truthfully in imaginary circumstances.'"

Work in the eight-week class will focus on relaxation and preparation, as well as creating character and building relationship with a scene partner. No previous training is required.

Westerfield has acted and directed for more than 30 years and trained intensively in Meisner Technique as an intern at Actors Express in Atlanta as well as extensively on her own since. When she's taught this class in the past, she said, "The students really 'got' it. The beauty of this technique is that you can learn so much about yourself and the creativity, even if you've never set foot on a stage before."

A free showcase March 22 at ARTworks will provide an opportunity for friends, family, and fans of great acting to see the students perform the monologues and scenes they have worked on in class.

Students must be age 16 or over. Classes will be Wednesdays from 7-8:30 pm, January 22 – March 19. ARTworks is at 2127 Boundary Street (the K-Mart/Bi-Lo shopping center) in Beaufort. Cost is \$120. Payment plans are available, but \$50 is required at the first class. Class size is limited. To register or ask questions, e-mail [e.gail.w@gmail.com](mailto:e.gail.w@gmail.com).