

## **ALEXANDER TECHNIQUE in ACTING** Taught by **Kristof Konrad**

All communication starts with the body. It is the point of origin for the voice, emotional life, and physical activity. It also creates and communicates meaning for the audience-our physical actions and responses are interpreted by the onlooker- and performers need to be in charge of this process.



*"I really like to look into the physical acting characteristics of my character, because it helps me to transform. The Alexander Technique helps me to burrow into roles like gay cowboys and drug addicts by focusing on my posture, movement, and presence".*

- HEATH LEDGER

**WEDNSDAYS,  
10-12:00 noon, FEB 24 – APR 6, 2016**

**Tuition: \$450. 7 weeks** You may sign up in the office!

**Howard Fine Acting Studio  
317 North La Brea Avenue, Los Angeles, CA 90036**

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**We invite you to visit our New Website: [www.AlexanderTechworks.com](http://www.AlexanderTechworks.com)**

## **KRISTOF KONRAD**

was born in Poland, trained as an actor at the National Dramatic Academy in Warsaw, Poland and the Alexander Fersen Academy in Rome, Italy. While in Poland, he studied and worked with theater and film masters JERZY GROTOWSKI and ANDRZEJ WAJDA. In the USA he worked with directors KENNETH BRANAGH, RON HOWARD and ROLAND EMMERICH. His credits include: HOUSE OF CARDS, ANGELS AND DEMONS, HOTEL CALIFORNIA, INDEPENDENCE DAY, NIKITA, SCANDAL, BURN NOTICE, UNDERCOVERS, RAISING THE BAR, OPERATION SAMUM, ALIAS, THE AGENCY, JAG, E- RING and many others. Kristof has taught for the BERLIN INTERNATIONAL FILM FESTIVAL, MOSCOW GENERATION CAMPUS, VERBIER FESTIVAL & ACADEMY in Switzerland and UBS VERBIER ORCHESTRA. He is teaching Intensive Acting in Film and Alexander Technique Workshops in: New York, Los Angeles, Milan, Berlin, Toronto and Vancouver. In the U.S., he has taught with Jean-Louis at the LARRY MOSS STUDIO, HOWARD FINE STUDIO, LA and Melbourne, Australia. THEATRICUM BOTANICUM, MEDIA ACCESS and recently worked with the artists of the ROYAL SHAKESPEARE COMPANY and the CIRQUE DU SOLEIL. Past and current students include: KENNETH BRANAGH, COBIE SMULDERS, JOBETH WILLIAMS, ERIC DANE, MICHAEL WELCH, and SHARON LAWRENCE.

“Jean-Louis and Kristof’s teaching is nothing short of life transformational. Their class is a must for any serious actor.”

- HOWARD FINE

“With the best of intentions, the job of acting can become a display of accumulated bad habits, trapped instincts and blocked energies. Working with the Alexander Technique to untangle the wires has given me sightings another way; mind and body, work and life together. Real imaginative freedom.”

- ALAN RICKMAN

Working with Kristof has been tremendously helpful. Through body awareness and proper physical alignment, he helps open up channels of energy that enable full presence of being. He focuses on the details of a character that most fully connect to a visceral core – a character’s animal, their element, their core image or symbol. He helps actors build their characters through a process of fluidity, not rigidity, always working through the body. The bottom line is Kristof will help you bring LIFE to every moment of a performance – simple, unforced, bold, and electric!”

- MICHAEL WELCH

“The Alexander technique is invaluable to actors of all ages. It helps us find new depth in exploring the physical and emotional life of a character. And it has helped me correct physical issues which affect my daily life. Jean-Louis and Kristof immediately create a level of trust and comfort in teaching this technique which allows all of us in the class to open up to the learning experience. I continue to work privately with them because I believe so strongly in their skill in teaching this technique, and its positive effect on my well-being.”

- JOBETH WILLIAMS