

ACTING and The Alexander Technique

with **KRISTOF KONRAD**

Los Angeles, **MAY 12 - JUNE 9, 2016**



Robin Wright and Kristof Konrad in "*HOUSE OF CARDS*"

<http://www.imdb.com/name/nm0465311/>

"One of the most important things actors can possess is a relationship to their own body and breath. Jean-Louis and Kristof work with actors in such a way that they immediately understand from deep within themselves their true impulses. Their work is invaluable and I cannot imagine doing a project without them."

- LARRY MOSS

COURSE CONTENT:

Connecting to the body through awareness with the Alexander Technique (getting out of your head) • Freeing impulse and response patterns • Recognizing the force of habit • relating improving breath coordination and vocal quality • Improving our movement by learning to organize body relationships • Understanding Means and Ends • Making clear choices of intention • Infusing direction in our thinking and movement • Applying the Alexander Technique to monologues, sonnets, songs, and scenes • Learning to develop characters physically (if I believe your body, I'll believe your character)

THURSDAYS 10:00 AM – 12:00 PM
MAY 12- JUNE 9, 2016, 10:00 a.m. - 12:00 p.m. TUITION: \$ 325

Highways Performance Space @18th St. Arts Center
1651 18th St., Santa Monica, CA 90404
1/2 block north of Olympic Blvd.

CLASS SIZE IS LIMITED, **To Register**

Call Kristof Konrad, tel: 310-443-4483, e-mail knorthpole1@gmail.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, THE LONER, AGENTS OF S.H.I.E.L.D INTELLIGENCE, ANGELS AND DEMONS, HOTEL CALIFORNIA, INDEPENDENCE DAY, NIKITA, SCANDAL, BURN NOTICE, OPERATION SAMUM, ALIAS, THE AGENCY, JAG, E- RING and many others. Kristof has taught for the BERLIN INTERNATIONAL FILM FESTIVAL, GENERATION CAMPUS - MOSCOW, VERBIER FESTIVAL& ACADEMY in Switzerland and UBS VERBIER ORCHESTRA. Kristof has taught at the UCLA School of Theater, Film. 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, JUSTIN CHATWIN, COBIE SMULDERS, JOBETH WILLIAMS, ERIC DANE, and SHARON LAWRENCE,

"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 of another way: mind and body, work and life together. Real imaginative freedom."

ALAN RICKMAN

"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

"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

"The absolute best Alexander classes are given daily by my four-month old son. Kristof and Jean-Louis are a close second. They are not only expert in the theory and application of this incredible technique but pursue their work with a vibrant, contagious love. Their endeavor to help performers choose a new physical life that allows them to be more fully present--in essence, to use themselves differently--is profound, and has implications not only for life on the stage, but for life in general. Kristof and Jean-Louis create a beautiful work environment: safe, rigorous, personal--and sprinkled with a healthy dose of humor. I am so grateful to have had the opportunity to work with them. And they don't spit up nearly as much as my son!"

PETER HERMANN " War Horse" Broadway

