

Save \$75
Enroll before
September!

Join internationally renowned trauma expert, Peter A Levine, PhD and
movement, breathing and Alexander Technique master lecturer Betsy
Polatin*

Trauma and the Performing Artist

October 27-28

A unique 2 day class for performing artists - actors, directors, writers,
musicians, dancers, as well as their teachers and therapists

10am-6pm



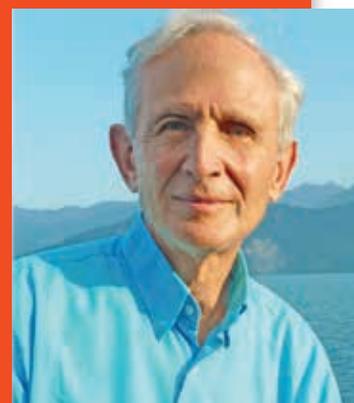
Do you feel like you could achieve more potency as an artist, delve deeper into your talent; or are you frustrated by certain blocks that you seem to have no control over?

These issues are frequently the result of trauma, of events that were once perceived to be overwhelming or immobilizing. Trauma, when accessed at the level of body sensations, can open us up to an incredible, yet subtle, array of feelings, fostering a deeper connection to ourselves and with the audience.

In this workshop, we will explore in depth what prevents an actor from conveying the subtle gestures, facial and posture changes that make a performance become alive and therefore believable. You will learn how to safely and actively utilize your unique

emotional and trauma history, along with an enhanced body awareness and easier breathing, to become better performers - conveying a wider spectrum of feeling and inner sensations. These two longtime colleagues will review your performances[†] and help you to uncover clues to where

you have become limited or stuck through unconscious (habitual) gestures, limited facial expressions and fixed postures; echoes of past trauma and conflicting emotions. In other words, we will learn how to use the trauma and not be used by the trauma.



\$425*
Full Fee
After August 31st



*Pay only \$350 if you
enroll before September
1st

* Presented in collaboration with Healing TREE.

† We will be recording your performances. These videos will be used only for the purpose of the class.

10AM
6PM

October 27-28
University Settlement House
184 Eldridge St. NY, NY 10002

