



# Seeing the Image through Self and Space

with Guest Teacher Andrew Belser

Wednesday, March 29 • 6:30-9:30 pm

This special workshop for actors with guest teacher Andrew Belser uses the *Feldenkrais Method* to help us see with and through our whole selves. Actors at all levels will discover how ease—in our bodies, brains, effort, emotion and more—affects the quality of our seeing, opening us to see with greater depth, specificity, breadth, and resonance.

This workshop explores how imagery influences our acting, and how our seeing forms and shapes our breath and text. You'll find that seeing with spatial accuracy, fluidity, and energetic fullness can immediately free and deepen your acting. This approach is particularly useful in learning to trust 'doing less,' filling the stage or film frame with paradoxically more nuance, intensity, and depth.

**Andrew Belser** teaches movement, voice, and acting, and directs the Arts and Design Research Incubator at Penn State University. He is the producer/director of *FaceAge*, a film installation exploring cross-generational interactions, and is writing a book titled, *The Performer's Field Guide to Applied Neuroscience*. Belser's work has included movement forms, voice/breath work, interdisciplinary theatre approaches, and solo work. For more information please visit Andrew's website: [AndrewBelser.com](http://AndrewBelser.com)

Pre-Registration: **\$35** • Day of Event: **\$45**

Performing Arts Workshop Sponsored by the *Feldenkrais* Foundation



**Feldenkrais®**  
INSTITUTE

**212-727-1014 • [FeldenkraisInstitute.com](http://FeldenkraisInstitute.com)**

134 West 26th Street, Second Floor, New York, New York 10001