



LETTER TO PROSPECTIVE STUDENTS...

This is an invitation to my former and current Alexander Technique Students at the BaronBrown Studio. For the first time, I am offering an Advanced Training in the Alexander Technique. (*Open only to students who have completed my basic 9 Class series in the Alexander Technique.*)

We will go beyond the Basic Alexander Technique training that you've already completed. We will explore the essence of what Psychophysical Re-Education actually is and why it is so important to your acting and long term survival in "the business of acting".

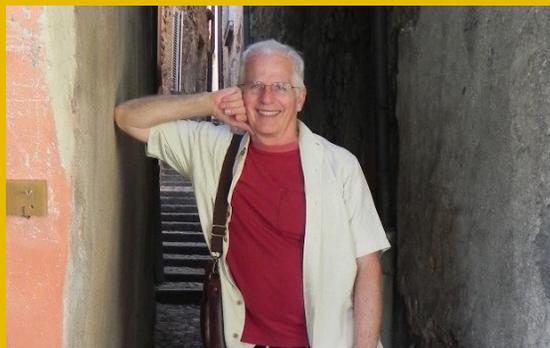
With the Alexander Technique as our foundation, we will work on:

- Preparing for Auditions (*What is Stage Presence? It's simpler than you think!*)
- Moving out of our Fear Reaction and our Monkey Brain 🐒
- Using the Voice Work of Kristen Linklater and her seminal book *Freeing the Natural Voice*. We will create a practical Vocal Warmup that you can use daily.

We will use other disciplines such as:

- The Feldenkrais Method
- Breath Centered Yoga
- Mindfulness Training (*Drawing upon my decades of study in England, Turkey, Israel, and India.*)

Everyone will be required to have completely memorized a one-minute monologue of your choice. However, if none come to mind, then memorize the speech by Macbeth, "Tomorrow, and Tomorrow, and Tomorrow". It makes no difference if you are Male or Female - Know it cold for the first-class!



Michael D. Frederick was voted best Alexander Teacher in *Los Angeles Magazine's* "Best of LA." He trained as an Alexander Teacher in England with master teachers trained by F.M. Alexander. He has over 40 years of teaching experience, and has organized over 250 workshops in the US and Europe since 1978. Michael trained as an actor at *The Bristol Old Vic Theatre School* in England and completed the Meisner Training with Joanne Baron. He has been teaching at the *Baron Brown Studio* since 1984.

Register Now!

Cell: (310) 880-7700

Email: michaelfrederick123@gmail.com

A 7-Class Series

2 hours on Saturdays from 9:00AM - 11:00AM

Location: BaronBrown - Studio 1

Class Size: Limited to 12 students

Dates: Aug. 24, 31, Sept. 7, 14, 21, 28, and Oct. 5

Cost: \$395 due on August 24th

Payable by Check, Cash, or Credit Card

If absolutely needed, I will do a payment plan.

(If you have to miss a class you will be offered one makeup only.)