



# Actor Training the Laban Way: An Integrated Approach to Voice, Speech, and Movement

*Barbara Adrian*

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**Actor Training the Laban Way: An Integrated Approach to Voice, Speech, and Movement** Barbara Adrian

- \* Individual, partner, and group exercises to make any actor more expressive
- \* Crucial acting tips based on the work of distinguished theorist Rudolf Laban
- \* 65 original illustrations of anatomy and warm-up exercises

This in-depth, fully illustrated guide offers a groundbreaking approach to understanding physical and vocal movement that will enable readers to discover how to maximize their potential. Packed with practical exercises for individuals, partners, and group work, this book integrates voice, speech, and movement. Exercises for breath support, tone, range, articulation, dynamic alignment, balance, flexibility, strength, and stamina, as well as building relationships, *Actor Training the Laban Way* is essential reading for all serious actors, acting teachers, and students.

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