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Integrative Performance: Practice and Theory for the Interdisciplinary Performer

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Experience Bryon : Integrative Performance: Practice and Theory for the Interdisciplinary Performer before purchasing it in order to gauge whether or not it would be worth my time, and all praised Integrative Performance: Practice and Theory for the Interdisciplinary Performer:

1 of 1 people found the following review helpful. This book is an absolutely fantastic tool for anyone looking to improve their performance practice. By N. Adduci This book is an absolutely fantastic tool for anyone looking to improve their performance practice. Bryon writes with a rare balance of academic rigor and a conversational tone,

making the book accessible to me on a variety of levels. The book is filled with some extremely helpful and innovative exercises that can be done in solo work or with a partner. I found the diagrams that accompany each exercise particularly helpful when trying them out on my own. I have been working with the exercises for six months and I already feel like my practice comes from a place of awareness. When sharing this work with my students and colleagues, many of them were surprised how much working from a place of awareness or shifting their center to the perineum changed the way they practice and perform for the better (as was I). With the aid of Integrative Performance, I no longer see myself as an actor who sings and sometimes dances. I see myself as a performer, and that shift has made a world of difference for my practice.

Integrative Performance serves a crucial need of 21st-century performers by providing a transdisciplinary approach to training. Its radical new take on performance practice is designed for a climate that increasingly requires fully rounded artists. The book critiques and interrogates key current practices and offers a proven alternative to the idea that rigorous and effective training must separate the disciplines into discrete categories of acting, singing, and dance. Experience Bryon's Integrative Performance Practice is a way of working that will profoundly shift how performers engage with their training, conditioning and performance disciplines. It synthesizes the various elements of performance work in order to empower the performer as they practice across disciplines within any genre, style or aesthetic. Theory and practice are balanced throughout, using: Regular box-outs, introducing the work's theoretical underpinnings through quotes, case studies and critical interjections. A full program of exercises ranging from training of specific muscle groups, through working with text, to more subtle structures for integrative awareness and presence. This book is the result of over twenty years of practice and research working with interdisciplinary artists across the world to produce a training that fully prepares performers for the demands of contemporary performance and all its somatic, emotive and vocal possibilities.

About the Author Experience Bryon is Senior Lecturer in Performance Practices and Research at the Royal Central School of Speech and Drama.