

TABLE OF CONTENTS

Acknowledgements	v
Introduction	1
Part I: RELAXING AND FOCUSING EXERCISES ...	7
<i>Warming Up</i>	9
Physical Relaxation	9
Mental Relaxation	14
Slow and Easy	20
Part II: ACTING GAMES	29
<i>Learning to Be Sensitive</i>	31
Being in Touch With the World Around You	31
Getting in Touch With Yourself	33
Getting in Touch With Others	39
<i>Freeing the Imagination</i>	44
<i>Learning to Concentrate</i>	65
Part III: IMPROVISATIONS	81
<i>Using Space</i>	83
<i>Building Scenes</i>	103
Finding Intentions	107
<i>Learning to Build Characters</i>	117

Part IV: EXERCISES FOR CHARACTERS, SCENES AND PLAYS	131
<i>Working With Existing Characters and Scenes</i> ...	133
Analyzing Your Characters	144
<i>Working With Original Characters</i>	158
The Character Interview	158
Given Circumstances	175
About the Author	179