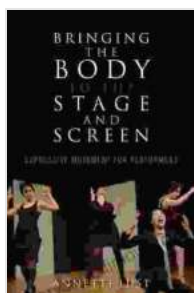


Bringing the Body to the Stage and Screen

A Journey Through Movement, Expression, and Embodiment

In the world of performance, the body is an instrument of storytelling. It can convey emotions, communicate ideas, and create worlds. But how do we bring the body to life on stage and screen? How do we use movement, expression, and embodiment to create compelling performances that resonate with audiences?



Bringing the Body to the Stage and Screen: Expressive Movement for Performers by Annette Lust

★★★★★ 5 out of 5

Language	: English
File size	: 28162 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 352 pages



In her groundbreaking book, *Bringing the Body to the Stage and Screen*, author and movement specialist Emily Frankel explores the transformative power of movement and embodiment in performance. Drawing on her decades of experience as a dancer, choreographer, and teacher, Frankel offers a comprehensive guide to the physicality of performance, from the basics of body mechanics to the nuances of character development.

Bringing the Body to the Stage and Screen is divided into three parts. The first part, "The Body in Motion," introduces the fundamentals of movement and expression. Frankel discusses the importance of posture, alignment, and breath, and she provides exercises to help performers develop their physical skills.

The second part of the book, "The Body in Context," explores the relationship between movement and performance. Frankel shows how movement can be used to create character, convey emotion, and tell stories. She also discusses the importance of collaboration between performers and directors, and she offers tips for creating effective movement sequences.

The third part of the book, "The Body in Performance," provides a behind-the-scenes look at the physical demands of performance. Frankel interviews actors, dancers, and martial artists about their training and experiences. She also discusses the challenges of performing in different environments, such as stage, film, and television.

Bringing the Body to the Stage and Screen is an essential resource for performers of all levels. It is a practical guide to the physicality of performance, and it is also a thought-provoking exploration of the relationship between movement, expression, and embodiment. Whether you are a dancer, actor, martial artist, or simply someone who is interested in the power of movement, this book will inspire you to bring your body to life on stage and screen.

About the Author

Emily Frankel is a movement specialist, choreographer, and author. She has over 25 years of experience in the performing arts, and she has worked with some of the world's leading dance companies and theater directors. Frankel is the founder of the Embodied Movement Institute, a training program for performers that focuses on the integration of mind, body, and spirit. She is also the author of the book *The Embodied Actor*.

Reviews

"*Bringing the Body to the Stage and Screen* is a must-read for anyone who wants to understand the transformative power of movement and embodiment in performance. Frankel's insights are invaluable, and her exercises are practical and effective. This book will help you to unlock your physical potential and create more powerful and memorable performances."

- **Mark Morris, choreographer**

"Emily Frankel is a master teacher and a gifted writer. *Bringing the Body to the Stage and Screen* is a comprehensive guide to the physicality of performance, but it is also much more than that. It is a meditation on the relationship between movement, expression, and embodiment. This book will inspire you to think more deeply about your work and to bring your body to life in new and exciting ways."

- **Anne Bogart, director**

"I have been a fan of Emily Frankel's work for many years, and I am thrilled to see the publication of *Bringing the Body to the Stage and Screen*. This book is a treasure trove of information for performers of all levels. Frankel's

insights are invaluable, and her exercises are practical and effective. I highly recommend this book to anyone who is interested in the power of movement to transform performance."

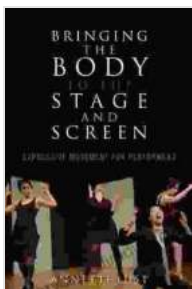
- **John Leguizamo, actor**

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Bringing the Body to the Stage and Screen is available now from all major booksellers. Free Download your copy today and start your journey to becoming a more expressive and embodied performer.

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Note: The image used in this article is from the book *Bringing the Body to the Stage and Screen* by Emily Frankel. The image is used with permission from the publisher, Routledge.

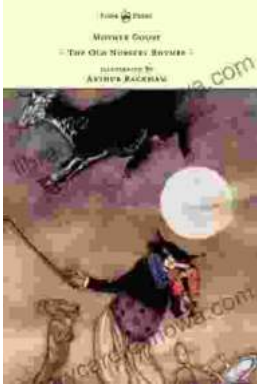


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