
SANFORD MEISNER TECHNIQUE

THE ACTORS PLACE @ MCITStudio

STUDIO MEISNER

ACTOR TRAINING | IMAGINATION/TRUTH/PRESENCE | CONNECTION

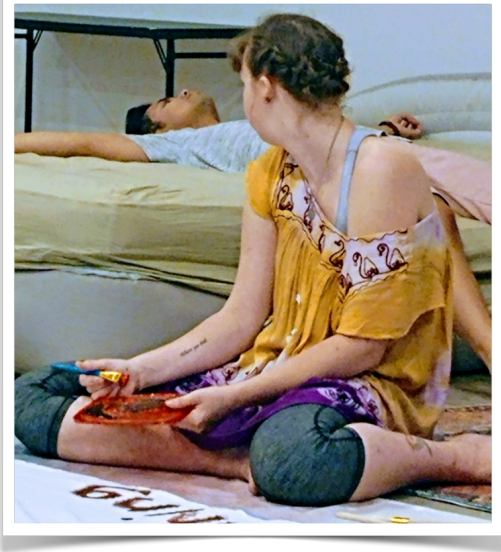


Who was Sanford Meisner?

What is Meisner Technique?

An original member of The Group Theatre, Sanford Meisner created a revolutionary approach to the craft of acting called the Meisner Technique. The emphasis of his approach focuses on "the reality of doing," and "living truthfully in the imaginary circumstances." The Meisner technique is often confused with "method" acting taught by fellow Group Theatre member Lee Strasberg, since both developed from the early teachings of Constantin Stanislavski. The Meisner approach calls for the actor to "get out of their head", such that the actor is behaving instinctively to the surrounding environment. Living from unanticipated moment to unanticipated moment, focuses the actor "to do" in the present.

THE ACTORS PLACE @ MCITStudio is dedicated to teaching the Meisner work as developed by Sanford Meisner. Our program leans away from hybrids or a derivatives of the form. We are passionate about honoring Meisner's original intentions.



CLASSES IN MEISNER TECHNIQUE

This Program immerses actors in Sanford Meisner's Approach to the craft of acting. Actors attend 1 three hour classes each week plus 5 scheduled Saturday Scene Work per year. Class Sessions are presented quarterly and require a full year commitment to attend. Actors enter the class and remain an ensemble throughout the four sessions. The objective is to follow the first year of study with a second year that allows for a deepening of the artistic practice. This level of commitment to the Meisner Technique will allow actors to develop an effective acting process that can serve them in their life-long journey as actor, creator and human being.

CLASS FEE \$4,500/2-year;
\$2,225/1-year;
\$450/Session

ON ACTING

"To be an interesting actor - hell, to be an interesting human being - you must be authentic and for you to be authentic you must embrace who you really are, warts and all. Do you have any idea how liberating it is to not care what people think about you? Well, that's what we're here to do." – Sanford Meisner

"For actors, intelligence is less important than having a large understanding heart that's able to identify with the things going on inside another human being."
William Esper



**IMAGINATION. TRUTH.
PRESENCE.**

**STUDIO MEISNER IS THE ONLY
ACTOR TRAINING PROGRAM IN
CLASSIC MEISNER TECHNIQUE IN
THE SAN DIEGO REGION.**

FACULTY

CLASSES ARE LED BY MASTER TEACHERS, LISA BERGER AND JEFFREY INGMAN. BETWEEN THEM, THEY HAVE OVER 35 YEARS OF TEACHING, DIRECTING AND ACTING EXPERIENCE. THE EXPERTISE AND SENSITIVITY THEY BRING TO THEIR CLASSES INSPIRES THE ACTORS WHO TRAIN WITH THEM.



LISA BERGER

"MY GREATEST PASSION IS TEACHING THE MEISNER TECHNIQUE. I WAS TRAINED BY MAGGIE FLANIGAN IN NEW YORK CITY AND HAVE BEEN TEACHING ACTING FOR OVER TWENTY YEARS. I HAVE FOCUSED ON SHARING THE MEISNER WORK WITH STUDENTS AND THE ACTORS I DIRECT. IN MY EXPERIENCE, NO OTHER TECHNIQUE IS AS EFFECTIVE. THERE IS NOT A BETTER WAY INTO THE ACTOR'S PROCESS. ACTORS WHO STUDY THE MEISNER TECHNIQUE AT THE ACTORS PLACE EXPERIENCE PROFOUND LEVELS OF ARTISTIC GROWTH AND EXCELLENCE." LISA IS CO-ARTISTIC DIRECTOR OF MCITSTUDIO.



JEFFREY INGMAN

"AFTER YEARS OF TRAINING AND WORKING AS AN ACTOR, I STUDIED THE MEISNER TECHNIQUE WITH BILL ESPER. IN THE MEISNER WORK I FINALLY UNDERSTOOD WHAT IT MEANT BE AN ACTOR. I DISCOVERED THE POWER OF MY IMAGINATION. INSTILLED IN ME WERE THE IMPORTANCE OF BEING SPECIFIC AND THE ACT OF REALLY DOING. TO LIVE TRUTHFULLY IN THE IMAGINARY CIRCUMSTANCES WAS ANCHORED IN ME."

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