



**Mark your  
Calendar!**  
Instructors and details  
to follow.

## **The Actor's Tune-up**

***Feeling a little rusty? Same old, same old at every audition?  
Stress or anxiety making it harder to do your job?  
Join ACTRA for a free five-week tune-up lead by industry professionals.***

***Week One:*** September 11

***Getting out of your head and into your body:*** this two-hour session is made up of one hour of yoga with a licensed instructor followed by an hour of relaxation techniques and tips for better sleep and health. Please bring a yoga mat if you have one and dress for stretching.

***Week Two:*** September 18

***Vocal work and finding your voice:*** When our voices freeze up: what to do. How to work around illness and stress in your voice. Your instructor will lead you through vocal warm ups, relaxation techniques for your voice, how to maintain vocal health and talk about what exactly is happening when we use our voices.

***Week Three:*** September 25

***Characters and choices:*** In this class, you'll work with sides and monologues, learning about character choices, bringing something different to an audition and discuss the elusive 'what are they looking for?' question. Your instructor is an experienced industry professional who will answer some of the most important questions about character development and work with you to help find your best approach. Sides and monologues will be provided, but feel free to bring something of your choice too.

***Week Four:*** October 2

***Sides and characters:*** Warm ups, both body and voice will be followed by a working session using the sides and characters developed in week three.

***Week Five:*** October 16

***Using your sides and monologues:*** you'll take part in a mock audition as part of a final presentation. Our panel of three industry professionals will give you feedback and criticism and give you real tools to make your next audition your best yet.

Weeks One and Two can be taken separately. Weeks Three through Five must be taken as a package of three or as part of the entire package.

**Open to ACTRA members and apprentices in good standing.**

**Contact [ottawa@actra.ca](mailto:ottawa@actra.ca) to pre- register and indicate which dates you would like to register for. You will be contacted prior to September with confirmation and details.**

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