**ACTOR MOVEMENT SPECIALIST**

I worked for three decades as Tutor/Senior Lecturer at Royal Central School of Speech & Drama on BA Acting, my subject: Movement Fundamentals for the actor.

My Specialisms:

* Intro to Fundamentals: free flow/support; release through and of movement; technical experience;

Debbie Green and Ita O’Brien, ‘From grounded foot to leaping foot’, *Theatre, Dance and Performance Training*, Vol 3, 2012 – Issue 1: <https://doi.org/10.1080/19443927.2011.651536>

Boston J., Cook, R. (eds) *Breath in Action*, Integrated Movement Practices and the Breath, pp.161-172, Jessica Kingsley Publishers, 2009

<https://uk.jkp.com/products/breath-in-action?_pos=1&_sid=41a844888&_ss=r>

<https://doi.org/10.1080/23268263.2011.10739566>

* Movement qualities through rhythm;
* Contact Improvisation for actors;
* Presence and posture in the space;
* The sensual and energetic body.

I worked in tandem with my colleague Vanessa Ewan with whom I co-authored *Actor Movement; Expression of the Physical Being*, Bloomsbury 2015. <https://www.bloomsbury.com/uk/actor-movement-9781408134412/>

I have an enduring love of movement and its practice in the training actor’s classroom. I moved into actor training from my dance background and maintain my love also of embodied dance. This background was classical ballet, but I studied classical Indian to a high physical level and explored many movement practices/dance forms over the years. My own physicality is a summation of the years of all these practices –their connection within my body understanding goes into the teaching.