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# Stage and Film Acting Technique Lab

**With NYC Instructor PAUL SIGRIST**

**Mondays & Wednesdays, July 6, 8, 13 & 15 • 5:45 - 7:15 PM**

**at Bloom: A Movement Space, 153 Regent Street, Saratoga Springs (in the basement)**

**Class Fee: \$110 (or \$85 if registration postmarked by May 6<sup>th</sup>)**

HMT presents a brand new class for theater-savvy adults and serious teen actors. This class will consist of an examination of the range of acting styles expected in the professional performing world, such as stage vs. film styles, commercial/sitcom vs. legit drama styles, as well as the exploration of practical acting tools (internal monologue, backstory, motivation). The class will use scene study and monologue work with possible opportunities for some directing as well. There will be an emphasis on learning how to critique a performance for its successful and less successful components in a constructive manner. Based on his own personal experience as a professional actor in New York as well as his cumulative education from attending dozens of classes taught by leading NYC casting directors and talent agents, Paul will convey to the participants what is expected of a professional-level stage/film actor in New York, what gets an actor hired (or not) and useful ways to improve as an actor.

***Class is open to actors ages 14 and older - Class size is limited***

**Cancellation Fee: \$10 per course up to two weeks prior to the start of class. After that point, no refunds will be issued.**



***ABOUT THE INSTRUCTOR:*** PAUL SIGRIST is a New York-based actor, singer and director equally at home in theater, television and film. He is a member of the performing unions SAG-AFTRA and AEA. He spent 19 consecutive seasons with the professional repertory company The New York Gilbert and Sullivan Players in Off-Broadway productions in New York and on tour throughout the U.S., Canada and England, as well as performed with many other organizations. He was a member of a seven-actor cast nominated for a Drama Desk Award for the Vortex Theater's revival of *H.M. S. Pinafore*. He works as an actor for the Columbia University Graduate Film Program, appearing in class scenes and short films directed by the graduate directing students. In the capital district, he directed and choreographed a popular revival of *Trial by Jury* for Hubbard Hall Opera in 2013, has been a guest instructor and director of Shakespeare annually for HMT's summer programs since 2011 and co-directed and choreographed a series of Gilbert and Sullivan operettas for the former Opera Saratoga Summer Intensive. On television, he frequently appears on *Saturday Night Live* as an additional actor in sketches and pre-tapes, has appeared on *The Americans*, *Late Night with Jimmy Fallon*, *Law and Order: SVU*, and *The Electric Company* among many others. He portrayed real-life 1980s Grateful Dead keyboardist Brent Mydland in the feature film *The Music Never Stopped*. [www.paulsigrist.com](http://www.paulsigrist.com)

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## **REGISTRATION FORM – Stage and Film Acting Technique Lab**

*Please print. All registrations should be sent to:*  
Home Made Theater  
PO Box 1182, Saratoga Springs, NY 12866  
*Or call 518-587-4427*

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

**Phone:** (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

☐ Enclosed is my check payable to Home Made Theater

**Please charge my** ☐ MasterCard ☐ Visa ☐ Discover **# :** \_\_\_\_\_ **Exp. Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_