



is pleased to offer a new class

Meditation for Actors

with Instructor AMY KIRKPATRICK ROSEN

Tuesdays, September 12, 19, 26 & October 3 • 6:30 – 7:30 P.M.

at The Spa Little Theater, Saratoga Spa State Park

Class Fee: \$60

MEDITATION FOR ACTORS: Learn tools to slow down and trigger the opposite effect of the “fight or flight” response we seem to cultivate as actors before a performance or audition. Let Amy show you ways to be present, relaxed and do your best work. Discover invaluable tools to create lasting benefits in performance, auditioning, and life in general. Join Amy in this series to hone the skill of slowing down and cultivating a fine-tuned inner awareness, and learn how it can amplify your ability to connect with your character and fellow actors as well.

Class is open to actors ages 16 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: AMY KIRKPATRICK ROSEN created Saratoga Springs' only dedicated children's yoga studio, YogaChild, 15 years ago. Now a Reiki therapist, she continues to work with young people as well as teaching Kundalini yoga and meditation to the adult population. Before coming to the area, Amy worked as a professional actor in Los Angeles, appearing in *St. Elsewhere* and *The Bob Newhart show*, among others. She also was in *My Stepmother is an Alien* and *Grease 2*. Her favorite role while working here at HMT was Bella in *Lost in Yonkers*.

REGISTRATION FORM – Meditation for Actors

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

Name: _____

Parent's Name (if under 18): _____

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: _____