



YOGA FOR ACTORS WORKSHOP

Moving with Authenticity & Awareness

with S.Siobhan McCarthy

“ Learn a practical warm-up routine for the mind and body that you can use daily “

This 4 hour experiential workshop will provide you with yoga based postures/ movements, combined with a variety of other bodywork disciplines while putting the emphasis on physical awareness, breath, alignment, voice, stretching & relaxation.

This class is a great opportunity for you to augment your own physical regime or introduce you to movement techniques and approaches essential for all actors.

Instructor: S. Siobhan McCarthy

Siobhan is an actor/ performer/ teacher with many years of professional performance experience and training, which allows her to draw from a wide range of bodywork/ movement modalities.

She has been profiled and published in the Canadian Theatre Review where she was credited as being one of “Canada’s foremost cross-over artists” and her philosophy of “Using the arts as a tool for healing, self- discovery, empowerment and catharsis” was celebrated.

