

The Jacklin Arts & Cultural Center
is pleased to offer:

**A NEW ACTING
WORKSHOP WITH ONE
OF THE
ENTERTAINMENT
INDUSTRY'S PREMIER
ACTING COACHES**

David Livingston

is an accomplished actor, director and Emmy nominated producer who has risen to prominence in the realm of acting coach (*Back to the Future, Platoon, The Firm, 48 Hrs., Star Trek the Next Generation, Charles 'n Charge...*). His on set omnipresence prompted *LA Cover-to-Cover Magazine* to dub him "The Hollywood Cure for Performance Meltdown" ("Coaching the Stars" circa 1985). David's acting workshop was a fixture in Beverly Hills spanning two decades. He has recently settled in the area and is currently on sabbatical.

"In the high stakes world of big budget movie making, intimidation is easy to come by. It's easy for an actress to rush an identity and lose sight of her power. It happens automatically when she's feeling unsafe. She disconnects from the immediate circumstance to live in her head, to tamper, manipulate, control. As she does, the emotional celebration is dulled and loses form, and she loses touch with the sensations of her body and her ability to resolve her emotions. And the web of confusion wraps around in the blink of an eye, and she's trapped.

"At acting's highest levels, acting is an exercise in living truthfully under imaginary circumstances, and the acting workshop is a means of survival. It's a place with built in safeguards, where the actress can be herself without having to worry that someone isn't going to let her—a place where she's insulated from real life repercussions. This clears the way for permission the actress gives herself—permission to allow and respect her feelings without apology or self-censoring—permission to venture outside her comfort zones and find out what's there—permission to be spontaneous and free, which is an absolute prerequisite for genuine interpersonal communication. It's a place I like to call: 'a safe place to be dangerous.' The space is infinite."

—David Livingston

Those who endure are able to recognize rushing an identity as it's happening and take measures to settle back into the moment—in mid-stream with the power of their energy.

In acting, what's safe is being available in the immediate circumstance, allowing emotion to live freely in the body and voice. What's unsafe is being manipulative and unrevealing."

—David Livingston

**Rediscover yourself as a free
and uncluttered person.**

For ages 16 and over
with various degrees
of experience
including those who
seek initial training.

**FREE INTRODUCTORY PRESENTATION
SATURDAY, FEBRUARY 5TH, 1:00**

Recommended for all performers.

405 N. William St. Post Falls
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thejacklincenter.org