



Actioning - and How to Do It

Nick Moseley

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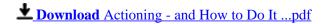
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Actioning is one of the most widely used rehearsal techniques for actors. It helps bring clarity to every moment or thought in the text, energising rehearsals and bringing performances to life.

Actioning will enable you to discover and unlock newfound energy, range, variety and clarity of body and voice, by:

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