



The Lucid Body: A Guide for the Physical Actor

Fay Simpson

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Actors! Engage your mind and your body in order to develop your characters fully. *The Lucid Body* technique breaks up stagnant movement patterns and expands your emotional and physical range. Through energy analysis, this program shows how to use physical training to create characters from all walks of life—however cruel, desolate, or neurotic those characters may be. Rooted in the exploration of the seven chakra energy centers, *The Lucid Body* reveals how each body holds the possibility of every human condition. Learn how to analyze the character, hear the inner body, dissect the self into layers of consciousness, and more.

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