MEDIA RELEASE

May 7, 2018

Media Contact: Meg Osborne – 317-590-7522
meg@megpromo.com

ATI SPRING WORKSHOPS

Get into ‘true character’ with life lessons from the stage

CARMEL, INDIANA – Have you wondered how actors and actresses are so good at getting “into character” for a performance? There are many tricks to this classic, artistic trade. It usually takes years of hard work and dedication to master this passion of acting. But when it comes to mastering our own characters, our own true selves, there are certain ways we can use the same techniques used by the many wonderful actors who have graced the stage for Actors Theatre of Indiana over the year.

ATI is presenting three workshops this week that will provide you with some tools you can use to improve your life in a number of ways. On the Spot Improvisation Class teaches you how to use improv skills in every day life; The Alexander Technique is a 100-year-old method to reconnect mind and body by losing your habitual bad habits; and Meditation for All is a workshop focusing on the benefits of meditation to remove stress and boost well-being.

All three workshops are being offered in Carmel for fees ranging from $20-$25. They are intended for adults 18 and over and are open to the public. See below for more information on each workshop.

IMPROVISE FOR REAL

Actors aren’t the only ones who need improv! With Improv, the saying is "yes and..." There’s no denying, you have to go with it! ATI’s Master Improv Teacher, Nick Carpenter will take out the fear of improv and
put in the fun! This 90-minute class of creative and interactive exercises will help eliminate any fears of "winging it." No experience necessary. Come with an open mind and a sense of fun! Cost $20.

**Wednesday, May 9, 7-8:30 p.m.**

*Room 141 of the James Building at the Center for the Performing Arts*

https://www.eventbrite.com/e/on-the-spot-improvisation-class-tickets-44767115648

**INTRODUCTION TO THE ALEXANDER TECHNIQUE**

![Unlearn habits](image)

The Alexander Technique teaches you how to "unlearn" habitual bad postural habits to achieve a balanced, more naturally aligned body. Discover ways to release patterns of tension. Find support within yourself to calm your nervous system. Reconnect your mind and body and greet your wholeness. Learn how to move with greater freedom and ease in anything you do. Change your thoughts - change your movements - change your life! Cost $25.

**Thursday, May 10, 7-9 p.m.**

*Room 141 of the James Building at the Center for the Performing Arts*

https://www.eventbrite.com/e/introduction-to-the-alexander-technique-tickets-45091157867

**MEDITATION FOR ALL**

![Meditation practice](image)

Here's a workshop where you'll sure to succeed. It requires two simple steps. Stop. Notice. Meditation is a practice where you do so little and gain so much. You only have to sit, be silent and observe. You are simply present. The benefits of meditation are proven to reduce stress, strengthen the immune system, improve sleep and create feelings of well-being. Join MJ Waddell, Actors Theatre of Indiana's Director of Education and Registered Yoga Instructor with over 500 hours of training for an introduction to three different techniques of meditation. Cost $25.
Saturday, May 12, 9-11 a.m.

ATI Offices, 510 3rd Ave SW, Suite D

https://www.eventbrite.com/e/actors-theatre-of-indianas-meditation-for-all-tickets-44516534152

-30-