

# Lindsay Nance

## Teaching Statement

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My work as an actor and therefore my teaching is influenced by the practices of Stanislavski, Meisner, Suzuki and F.M. Alexander. I practice the craft of acting from the point of view that an actor's body, voice and mind are their instrument. It is my philosophy that an actor's corporeal experience is a huge source of information that is often over-looked. I believe that by helping an actor become authentically aware of, and in touch with the stimulations, sensations and physiological responses of their body a wellspring of imagination has the potential to be unleashed. It is my goal to cultivate and encourage embodied listening in my students, providing them with the tools they need to respond with freedom, purpose and authenticity to whatever material they are working on.

My focus for this approach was born out of my own experience of intense, sometimes debilitating performance related anxiety. An anxiety that cut me off from my own physical experiences and impulses. It was only through dedicated and mindful practice, and the guidance, coaching and wisdom of my own teachers that I was led back to the inherent creativity activated by tuning into my own visceral intelligence. It is this journey and awakening in myself as an actor that has created a desire to continue to share this path with others.

As an actor, I am classically trained and have experience working with Shakespeare and the First Folio Technique. I also have extensive experience with Meisner and have been a part of both the new play development process and the creation of devised work. My paper, "Standing in the Fear: Approaching Performance Related Anxiety" was selected by VASTA (Voice and Speech Trainers Association) for presentation at their 2016 conference. The research and subsequent paper explore techniques and exercises to help manage and redirect fear and anxiety related to performance. I am a 200-hr. certified yoga teacher and have a deep passion for exploring the craft of the actor.