

Somatics for the Actor II  
TPP3571  
Spring 2026  
T/TH 10:40-12:35  
Room G-13

**Instructor:** Mariel Brewster  
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**Required Text:** Texts will be provided in class and do not need to be purchased by students.

**Course Description:** This course is an undergraduate study delving deeper into somatics, the field which studies the soma: namely, the body as perceived from within by first-person perception. This field encompasses a wide range of alternative, holistic mind-body practices that aim to develop consciousness and ease within the self. In this course, we will work with several somatic modalities, including meditation, yoga, mindful stretching, qi gong, and the Alexander Technique. The main focus of the course will be on the Alexander Technique, with the other modalities adding supplemental practice to incorporate mindfulness and flow into performance routines, performance longevity, and auditioning strategies.

The Alexander Technique is a mind-body awareness (somatic) technique that helps us to recognize, inhibit, and redirect the physical and mental habits that interfere with the body's natural coordination and to consciously restore ourselves to a better functioning of the body as a whole. This knowledge of the "use of the self" will be an invaluable tool as you hone your craft as actors, both on the stage in performance and when you meet yourself in practice and rehearsal. The emphasis of this course, as much as it is possible, will be hands-on work with the teacher, in individual, small group, and workshop setting, providing you the tools for an individualized understanding of your body and your particular habits. These experiences will be further supported by a theoretical study of the fundamental principles of the technique based in reading, discussion, self-observation, and peer feedback.

**Course Objectives:**

- To define somatics and recognize the underlying value across multiple modalities
- To understand the principles of somatic movements and the value of establishing a regular practice of mind-body work
- To practice and apply somatic techniques in meditation, yoga, qi gong, and Alexander Technique
- To understand the fundamental principles of the Alexander Technique in both theory and practice
- To apply the principles of awareness, inhibition, and direction to activate your Primary Control through the use of constructive thinking as defined by F.M. Alexander
- To apply the Technique to everyday life activities, as well as to your craft as actors and dancers during both practice and performance

- To learn basic anatomy and physiology of the body in terms of a good use of the self and how the parts of the body work together to create a holistic use of the body

**Information about university-wide policies and resources can be found here:**

<https://syllabus.ufl.edu/syllabus-policy/uf-syllabus-policy-links/>

**This link includes all updated information for UF policies on:**

- Grading
- Attendance
- Late Work
- Accommodations
- Academic Honesty, Plagiarism, and AI
- Academic Resources
- Campus Health and Wellness Resources

**Course Evaluation and Grading Percentages:**

Assignment Category	Percent of Grade	Total Points
Anatomy Assignments	15%	150
Reading Assignments	25%	250
Participation	30%	300
Midterm	10%	100
Quizzes	20%	200
<b>Total</b>	100%	1000

**Work Clothes:**

If wearing a dress or skirt, please make sure that it is long or that you are wearing leggings underneath. Be prepared to take your shoes off. If this means you would prefer to wear socks, then please bring socks.

**Class Demeanor:**

Students are expected to arrive to class on time and behave in a manner that is respectful to the instructor and to fellow students. Please avoid the use of cell phones. There is no eating in the classrooms. This is a space where we will need to step out of our comfort zone and try new things. It is very important the we are supportive of each other. Trust is a two way street. In order to be successful in this technique, you have to

break yourself open and not be afraid to look at reality. This can be physically, emotionally, and psychologically difficult work. We need to have a protective spirit for each other. Please remember this every day we are in class together. We will celebrate each other's triumphs and pick each other up when we fall.

**Course Evaluation:** Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>.

### **Materials and Supplies**

**Fees:** There are no additional fees for this course. Instructional materials for this course consist of only those materials specifically reviewed, selected, and assigned by the instructor(s). The instructor(s) is only responsible for these instructional materials.

**Counseling and Wellness:** Contact information for the Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

### **Course Outline**

*This is a basic outline of the course that is subject to change as the course progresses. If there are any changes, they will be communicated both in class and by email in a timely manner.*

*Please note that all assignments are due at the beginning of the class period on the set due date.*

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## **Unit 1: AT Review Weeks 1-3**

### **Week 1: January 13 & 15 Reviewing the 5 Principles of the Alexander Technique**

- Tuesday: Review the Syllabus/5 Principles/Introductions
- Meditation: Concentrative Meditations/Singularity of Mind/Sound Meditation
- AT:
- Review the 5 Principles/Have students describe
- Hands-On Work in Chair

- Lying on the floor with directions

**Assignment Due Thursday: Self-Reflection: Challenges and Successes over the break**

- Thursday: Anatomy Review
- Meditation: Concentrative Meditations Continued
- AT:
- Review Anatomy
- Working Slowly with Stimuli in Constructive Rest

**Assignment Due Tuesday: Read F.M.'s Evolution of a Technique and Find the 5 Principles in the text**

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**Week 2: January 20 & 23**

- Tuesday: Review the 5 Principles
- Meditation: Concentrative Meditations
- AT:
- Go over 5 Principles Assignment
- Work on tilting

**Assignment Due Thursday: Nelly Ben-Or article and questions**

- Thursday: Somatics Lens
- Meditation: Concentrative Meditations
- AT:
- Reading discussion
- Look at broader definitions of somatics
- Standing and walking/Being on Stage

**Assignment Due Tuesday: Introduction – pg. 15 of *Somatics* by Thomas Hanna**

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**Week 3: January 27 & 29**

- Tuesday: Fascial Lines/Somatics Continued
- Meditation: Walking/movement concentrative meditation
- AT:
- Reading Discussion
- Scene analysis by me
- Anatomy Review: Fascia

- Trying to sense the fascial connection using AT

**Assignment Due Tuesday: Scene Analysis Presentation, listen to podcast How the Alexander Technique can enhance your presentation skills**

- Thursday: Applying the AT
- Meditation: Concentration
- AT:
- Student suggestions

**Assignment Due Tuesday: Scene Analysis Presentation**

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## **Unit 2: The Freedom of Choice Weeks 4-6**

### **Week 4: February 3 & 5**

- Tuesday: Scene Presentations!

**Assignment Due Thursday: Meditation Reflection**

- Thursday: The Spaciousness of Choice
- Meditation: Identification with Self
- AT:
- Finding Freedom in the confines of blocking
- Workshopping blocked scenes

**Assignment Due Tuesday: *Somatics* by Thomas Hanna pg. 17-36**

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### **Week 5: February 10 & 12**

- Tuesday:
- Meditation: Connecting to Something Greater
- AT:
- Reading discussion
- Habits, Choice, and the Critical moment
- Saying No Out Loud – Lowering in Space

**Assignment Due Thursday: Notes of Instruction favorite quotes; Podcast episode: The Actor's Secret: The Alexander Technique and how we can all Benefit from It**

- Thursday:
- Meditation: Who Am I?

- Michael Singer excerpt
- AT:
- Reading discussion
- Anatomy review
- Squatting/lunging

**Assignment Due Tuesday: Work on paper and scene performance; meditation reflection**

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### **Week 6: February 17 & 19 Paper 1**

Tuesday & Thursday Scene Performances and Workshopping

**Assignment: Scenes and Paper 1 due Tuesday February 25**

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### **Unit 3: Finding Flow State Weeks 7-9**

#### **Week 7: February 24 & 26**

- Tuesday:
- Meditation: Detachment
- AT: Inhibition, Non-Doing, Letting Go
- Anatomy review

**Assignment due Thursday: Zen Mind Beginner's mind excerpt**

- Thursday:
- Meditation: Detachment continued
- AT:
- Bench game
- Homework discussion

**Assignment due Tuesday: Walter Carrington *As I See It* excerpt**

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### **Week 8: March 3 & 5**

- Tuesday:
- Meditation: Equanimity
- AT:
- Homework discussion
- AT procedure group choice

### **Assignment due Thursday: *Flow State* part 1**

- Thursday:
- Meditation: Detachment
- AT: Reading discussion
- Working on group projects

### **Assignment due Tuesday: Somatic group practices presentation**

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### **Week 9: March 10 & 12**

- Tuesday:
- Meditation: Impermanence
- AT: Group presentations!

### **Assignment due Thursday: Somatic practices group presentations**

- Thursday:
- Meditation: Impermanence continued
- AT: Anatomy review
- Procedures review

### **Assignment due Tuesday: Mediation reflection, Bringing Somatics into life**

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### **Spring Break: March 15-21**

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### **Unit 4: Voice and Breath Weeks 10-14**

#### **Week 10: March 24 & 26**

- Tuesday:
- Meditation: Chanting Om
- AT: Anatomy of the voice
- Whispered Ah

**Assignment due Thursday: *Flow State* part 2**

- Thursday:
- Meditation: Heart practices: Felt Sense of Appreciation
- AT: Allowing the breath/the beginning of it all
- Reading discussion

**Assignment due Tuesday: *Tao te Ching* excerpt/*Tao of the Voice***

**Week 11: March 31 & April 2**

- Tuesday:
- Meditation: Forgiveness
- AT: Reading discussion
- Lying on the floor and vocalizing
- Lying on the floor and breathing

**Assignment due Thursday: *Radical Acceptance* excerpt; Podcast: Alexander Technique for Singers with Peter Jacobson**

- Thursday:
- Meditation: Reading discussion/Compassion
- AT: Podcast discussion
- Using the voice continued

**Assignment due Thursday: Walter Carrington, Patrick MacDonald, Rivka Cohen, F.M. Alexander breath and vocal use comparison Ven diagram**

**Week 12: April 7 & 9**

Tuesday:

- Meditation: Joy
- AT: Discussion of Ven diagrams
- Working with vowels, tongue tension; solar plexus tension



**Assignment due Tuesday: Work on performance paper**

- Thursday:
  - Meditation: Compassion and the Activists Heart
  - AT:
  - Responding to highs and lows; coloring the voice
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**Week 13: April 14 & 16**

- Tuesday:
- Meditation: Heart Practice
- Final performances/workshopping!
- Thursday:
- Meditation: Heart Practice
- Final performances/workshopping!

**Assignment: Performance of choice; Paper 2**

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**Week 14: Last class April 22**

- Tuesday:
- Mediation: Heart Practices
- AT: Finish performances/workshopping/Where do we go from here? Applying AT without a teacher

**Final performances paper due at the beginning of class**