THE ACTOR’S WARMUP GUIDE

BREATH AND BODY
- Body Awareness
  Create sensation and warmth in the body
- Connect to the Breath
  The breath is physically moving the body (hands help experiencing this)
- Breath Stretch
  Invite inhale through flexed palms up into the sky, relaxed palms into middle
- Spinal Rolls
  Establishing our sense of vertical and grounded self

THE LOWER SPACE
- Sacrum Power
  Stimulate sacrum with rubbing or patting (partnering if available)
- Ooooos
  The Lower Space vowel, work with length of vowel thru the end of exhale in a squatted position, rocking on sitz bones, or from dipping position

THE MIDDLE SPACE
- Stimulate the Middle
  Rub or pat rib area (as if you were wearing a corset)
- Sh and Oh
  The sound/vowel of The Middle Space, Shs are quick, Ohs are long or short

THE UPPER SPACE
- Create Sensation in Upper Space
  Rub or pat chest, back, arms
- Hands on Heart
  Massage hands and place one on top of other on heart
- Touch Ah
  Little sighs of vowels Ah, The Upper Space vowel

TRANSITION
- Sighs of Release to Transition

SPEECH
- Lip trills
- Tongue stretches
- Jaw Love
- Articulators
- Resonators

Connect to the Breath and Text
  A moment of sensing the breath movement and sending a line you speak in the play to your Middle Space