

Meisner Technique

Sanford Meisner was a member of the famous Group Theater of the 1930's. This groundbreaking group of Actors, Writers, Directors and Producers were dissatisfied with the state of the Theater of the day. They resisted the histrionic, disconnected performances that were prevalent on the stages. They dedicated themselves to theater that had a message and was delivered in a powerful, truthful way so that the audience could truly connect and **have** an experience rather than just witnessing one.

After the group disbanded many of the members went on to form schools with their specific techniques, many of them heavily influenced by Stanislavski, and to develop them over the years. The Meisner Technique is one that has stood the test of time in fine form.

Meisner was obsessed with what made the Actor **present** on stage. He wanted the focus of the actor to be on behavior and not on delivering lines. Working off of the other person and focusing your attention there, Meisner discovered that the actor could deliver the playwright's message with spontaneity, emotional truth and unbelievable power and effectiveness.

He found his place at the Neighborhood Playhouse in New York City. There he developed the technique of repetition, independent activities and other advanced exercises that has honed the likes of Gregory Peck, Robert Duvall, Dylan McDermott, Amanda Plummer, David Mamet and many others.