

# BASIC ACTING

THE MODULAR ACTING PROCESS



SABIN R. EPSTEIN  
JOHN D. HARROP

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**The Modular Acting Process**

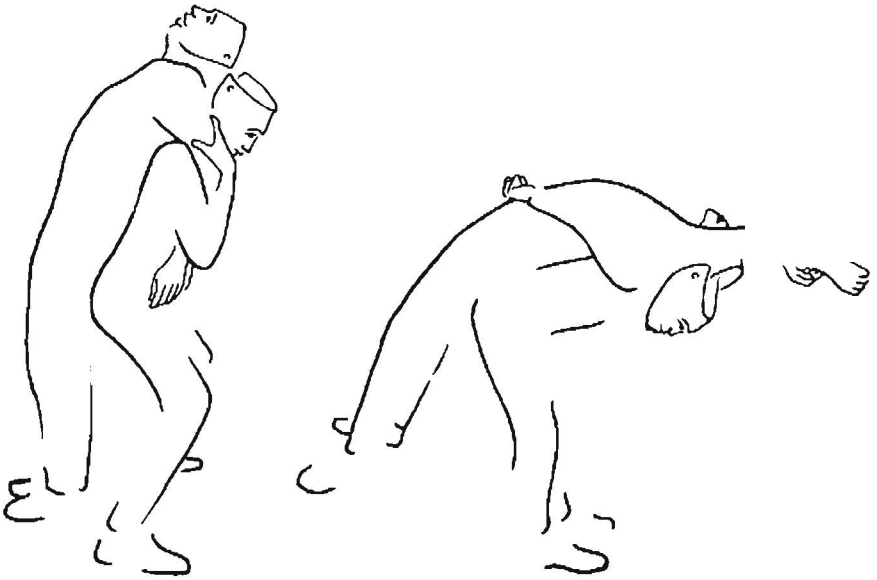
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*Original Illustrations by Linda Sarver*

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### Spinal Float

3. B: Straighten up and lean forward. Balance your partner along the length of your back. Make sure your spines are touching.
4. Breathe in this position for one minute.
5. A: Stretch your arms above your head and continue to hang. The image is of a cloud, floating.
6. B: When you are ready to come down, either continue to wrap your hands around your partner's waist or take hold of their wrists. Bend your knees slightly. Slowly straighten until you are standing back to back.
7. Reverse roles and repeat.
8. Repeat the entire sequence three times.

*Effort:* Moderately sustained and moderately light.

**Observations.** If, for any reason, either of you feels off balance during any part of the exercise, then stop, return to the starting position, and begin again.

Once you are in the lift, release. Focus on doing nothing. Let gravity and your own body weight do most of the work.

Remember to breathe together during the exercise and keep your eyes open at all times. Extending your arms over your head opens up your chest and gives you a deeper stretch.