

Abstract

INTEGRATING THE FELDENKRAIS METHOD INTO THE VOICE AND SPEECH CLASSROOM: INTERTWINING LINKLATER VOICE AND THE FELDENKRAIS METHOD

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Proprioception and kinesthetic awareness are important factors in actor training as performers strive to increase their physical and vocal prowess in order to respond to the demands of roles. The *Feldenkrais Method*, a somatic approach to learning that promotes greater awareness, has been utilized in actor training for decades; however, the historical details, measurable impact, and benefits of the *Feldenkrais Method* in this field have been largely undocumented. In this thesis, I will examine the history of the *Feldenkrais Method*, particularly considering interactions between theatre artists and Feldenkrais.

In addition, I will suggest new possibilities for creating a voice and speech curriculum that integrates the *Feldenkrais Method*, providing both historical precedents and current findings to support the efficacy of incorporating the *Feldenkrais Method* into actor voice and speech training. Referencing experiences of how the *Feldenkrais Method* and the Linklater Progression have worked together to improve my own acting and teaching, I will conclude with a strategy on incorporating the *Feldenkrais Method* into voice and speech training.