

# ReFocusMethod

With Tony Grahn

ReFocusMethod is a practical approach that removes psychological complexity in acting, making it more simple, joyfull and clearer. It makes a performance more consistent and convincing, especially when the preparation time for a take or a scene is short. The method emphasizes the presence, the now, helping actors direct their attention with precision, and balancing muscle tension, breathing and movement to convey genuine emotions.

The method traces its roots to the **Swedish National Acting Academy** in the 1960s, where **Andris Blekte** (1923-2007), taught for more than 30 years and became well known for his techniques and exercises in relaxation and body awareness.

**Tony Grahn**, started working as a professional actor in 1986. He graduated from the **Swedish National Acting Academy** in 1991. A powerful change he experienced as a student of Andris Blekte's classes inspired him to take his technique further. In 1996 he graduated from **Drama Studio London** as a director. Tony started teaching the method at **The Actors Centre London** in 1999. He has since developed it further by his experience of teaching it as well study scientific knowledge of how the human conscioussnes works.

## Day 1,

After a short theoretical introduction over the ReFocuasMethod we will work with relaxation exercises to create a strong awareness of the tensions in the body, tics and physical habits. Then we work with excercses in how to direct attention (focus) on specific things in a scene, or on the listening to the other character. The result of this is to in any given situation create presence, and thus deliver text and movement authentic and believable. At the end of the day we will work with these skills in short dramatic situations.

## Day 2, Special guest Manouk van der Meulen

After a short recap from day 1 we will work with exercises to learn to access and deliver authentic emotions within a very short time of preparation. Working with text and scenes we will continue the day by exploring how to deliver text authentic and fully believable.

**At the last 2 hours Manouk** will share her experience from working on filmset for more than 40 years. 56 credits on IMDB.

<https://www.imdb.com/name/nm0582811/> She will particularly talk about how she relate to the camera, as well tips for auditions etc.

## Day 3,

Shooting day.

We will film the scenes all day, look back for feedback and analays and then shoot again. Normaly we do 3 takes per person.

**Dates: September 6, 7, 8.**

**Time: 10-18 all days.**

**Strict limited to 8 participants.**

**Any questions please contact Tony. [tony@refocusmethod.com](mailto:tony@refocusmethod.com)**



This workshop is open only for professional actors.

To prepare for the workshop you will learn a modern dialogue scene with a partner.

All scenes will be filmed with a pro camera and can be used for showreel.

To apply for a place please send your cv and showreel to:

[tony@refocusmethod.com](mailto:tony@refocusmethod.com)