

**UCLA** Extension

Entertainment Studies and Performing Arts

*Presents*

# **Hypnosis and Intuition for the Actor in Acting**

With

**Toni Attell**

Wednesday, 7-10pm, September 27-December 6  
(1 mtg. Saturday, 10am-1pm, November 11)

Actors, writers, and directors learn to use hypnosis techniques to access their own intuition and trust their choices. Hypnosis quiets the mind, enhances suggestibility, and heightens flexibility. Accessing this state of mind enables the actor to make the right choices and access characters in a meaningful way. Participants learn how to relax to alleviate fears associated with performing, writing, and directing; how to use all their senses to hear, smell, and taste everything in a scene; how to use improvisation to discover and develop their character's intentions, needs, and wants; how to read body language and develop intuition; and how to become alert to the right opportunities. Instruction also covers on-camera techniques and cold reading exercises designed to help focus concentration and memorization and alleviate mental blocks.

Enrollment Fee: \$515 – Reg. # S3376

To enroll online, visit our website at [www.uclaextension.edu/entertainmentstudies](http://www.uclaextension.edu/entertainmentstudies) and click on **HOW TO ENROLL** at the top of the page. To enroll by phone, please call (310) 825-9971 and reference Reg # S3376.

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