



# Strasberg Updates & Events

We may be virtual, but there's still a lot going on!

“Art is in the choice...” - Lee Strasberg

March 27, 2020

The Lee Strasberg Institute is committed to your health, well-being, and training. Courage, patience, and perseverance are hallmarks of work in theatre and in all the arts disciplines. Positive attitudes are important elements in building the strength and cohesion necessary for success in any time, and especially in difficult times. Setbacks and frustrations should not daunt us, but rather teach us, and inspire ever greater success.

Current realities will not last indefinitely, our individual and collective efforts and work can and will lead us through these challenging times.

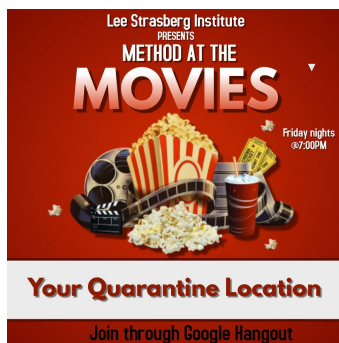
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## UPCOMING VIRTUAL EVENTS



Join David Strasberg every Monday, Wednesday & Friday at 10AM for Method in the Morning. How does an actor start their day? Beginnings are important.

<https://meet.google.com/qv-v-jeaq-iem>



Friday, March 27th at 7PM

Watch *Good Time* on Netflix then join Sasha Krane for a deep dive discussion on the movie! Here are the questions he wants us to consider.

(1) What famous book does the film remind you of? (2) Why does Nick cry in the opening scene? (3) What is the problem with Connie and Nick's relationship? (4) Why does Connie think he's better than some people? (5) Do you think the ending is happy or sad?

GOOGLE HANGOUT: <https://meet.google.com/eph-acje-frj>



### 30 Second Film Challenge:

You got 30 seconds to make a film. Tag @strasberginstitute on Instagram and we'll pick our favorites to reshare! The top 3 will be featured at the Picture's Up Film Festival this summer. Films are due by 8pm tonight!



### Workout with Cody Davis:

March 28th at 10am. Join Cody Davis at 10am tomorrow for a cardio/boxing workout with some upper body exercises to help open those pickle jars and fight off that voice in your head. Have some water nearby, and a few weighted items, like canned goods, or water jug.

GOOGLE HANGOUT: <https://meet.google.com/pau-zqug-qis>



### Let's talk about plays:

March 29th at 6pm with MJ Karmi. Join us Sunday as MJ leads us into a discussion on the play *Take Me Out*. Give us your thoughts and opinions. Wine not included but slightly encouraged! Email me if you need a copy of the play. Attached is a short syllabus on the discussion MJ will lead us through.

GOOGLE HANGOUT: <https://meet.google.com/hgh-ykrq-vbf>

Follow us on Instagram @strasberginstitute for updates!