

Strasberg Updates & Events

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

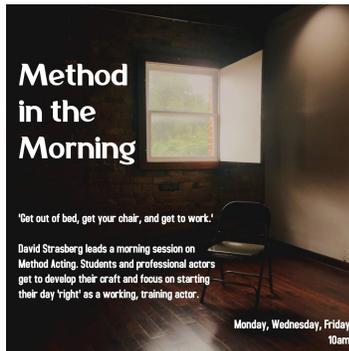
“Art is in the choice...” - Lee Strasberg

March 31, 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.

UPCOMING VIRTUAL EVENTS



METHOD IN THE MORNING

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/qvv-jeaq-iem>

Talks with Hedy Sontag

Do you miss Hedy as much as we do? You can join in a discussion with Hedy Sontag as she reads excerpts from Strasberg at the Actor's Studio. These readings and discussions are an amazing way to dive deep into Strasberg's work. We can't recommend this event more. Anyone that is serious about their training should listen in. Review pages 116-185 from Strasberg at the Actor's Studio and join us.

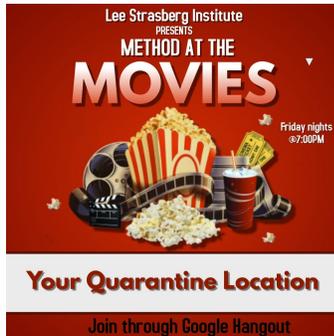
GOOGLE HANGOUT - <https://meet.google.com/wob-sgur-obp>

Legacy Continues:



David Strasberg hosts a lecture series this Friday, April 3rd at 12:30pm PST on Strasberg New York's Instagram Live. Join us while David reviews some of Lee's most poignant topics on training the actor.

ONLY ON INSTAGRAM LIVE @strasberginstituteny



Friday, April 3rd at 7PM

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

You can vote on what movie we discuss by voting on our Instagram poll!

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

Workout with Cody Davis:

April 2nd and 4th at 10am. Join Cody Davis at 10am 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:

April 5th at 6pm with MJ Karmi. Join us Sunday as MJ leads us into a discussion on the play *Long Day's Journey into Night*. 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!