

## “MaxiMix” Workout for Actors ©

The MaxiMix Workout for actors is based on the understanding that in order to act well one needs to be present; in order to be present, the mind first needs to get rid of tension and stress and be emptied of the self, in order to serve the purpose, reality, and presence of the character/s we are called to live and act on stage.

The Eleven stages of this highly active and interactive Workout take you on a rollercoaster ride into yourself.

Your fellow actors become mirrors in which you will be able to see *yourself*.

The stages feature a variety of emotional expression, Bio-energetic exercises, dance, movement, working actions and encounter with others and yourself.

You move from one extreme to the other, you explore all emotions;  
to come finally to a deep inner silence.

Then you will be ready to meet yourself and each other again, with a deeper, more open and loving heart.

Music accompanies some of the stages.

It gets rid of tension and stress, it strengthens the body and mind, and spirit, and it gets you in touch with your power, vitality, and true creative spirit. As a byproduct you acquire a taste for life again.

And Open a new realm of possibilities!

### FIRST STAGE: KUNDALINI RISING

We start with the feet grounded on the floor and let the whole body **shake**. Start with the knees, the hips, and let your whole body follow. Remember to keep you head and jaw loose. Your eyes are closed. Releasing sounds without ever pushing/forcing them. Blow lips out too.

Be loose and let your whole body shake, feeling the energies moving up from your feet. Let go everywhere and become the shaking. Your eyes may be open or closed. It's as if electrical current was going through your body and the wattage keeps varying.

“Allow the shaking; don't do it. Stand silently, feel it coming and when your body starts trembling, help it but don't do it. Enjoy it, feel blissful about it, allow it, receive it, welcome it, but don't will it. If you force it will become an exercise, a bodily, physical exercise. Then the shaking will be there but just on the surface; it will not penetrate you. You will remain solid, stone-like, rock-like within. Shake to the very foundations so that it becomes liquid, fluid, melts, flows. And when the rock-like being becomes liquid, your body will follow. Then there is no shake, only shaking. Then nobody is doing it; it is simply happening.”

*It helps to loosen all the tensions in the body.*

*You can overcome all your stiffness: physically and mentally.*

*You will feel revitalized and fresh.*

### SECOND STAGE: RETURN TO HELL

The second stage is a safe space to put out all your negativity, all your frustrations, reservations, and all your hate. The goal is to get closer to your emotions and closer to people. You take a powerful stand like samurai. Standing in front of another person, you make fists. You look into the eyes of that person and you shout or grind through your teeth with all your power, "I hate you.... I hate ...(Whatever)!" Continuously exhaust yourself in shouting it out or muttering it through your teeth "I hate you!" and encounter as many people as possible.

There is no need to listen to what the other person shouts at you.

You are only focused on bringing out all YOUR negativity.

*It opens the door for love. If you really want to come close to people, you need to put all your energy in this first stage. It helps to unload all your stress, your fears, and your insecurities. It gives you power to experience yourself as a shouting thunderstorm.*

### THIRD STAGE: HEAVEN

In the second stage you turn your total energy around. With the same intensity which you have expressed your negativity, you now say: "I LOVE YOU". You stand in front of someone - hold the hands, look into their eyes and say, "I love you.. and I love...(Whatever)" and hug; then you change over. Express all the love and appreciation that is in you towards others especially go to those you shouted at the most during the first stage.

*You will feel nourished by allowing yourself to express your love to others and you will feel nourished by hearing that you are lovable.*

### FOURTH STAGE: LIFE DANCE FORCE

**This stage is divided into four segments/songs, concentrating with two Working Actions each.** It is time to celebrate. Enjoy yourself **dancing/moving** with eyes open or closed. Dance in a relaxed way; let the body move/dance with the music. Whatever it is that you feel, express it through your body and celebrate whoever you are. Alone or with partners.

When partnering don't stay too long and feel free to break away at any moment.

Move, breathe and make a sound corresponding to your movement, when you feel like it.

First Dance: Pressing and Wringing - The Dance of Inner Turmoil

Second Dance: Flicking and Dabbing - The Dance of Lightness and Freedom

Third Dance: Punching and Slashing - The Dance of the Warrior

Fourth Dance: Floating and Gliding - The Dance of the Lovers

*Helps to realize a "feeling of ease and freedom in movement", in order to use it as a powerful inspirational creative tool, for inspiring, harnessing and focusing the attention of others. To free oneself from repetitive personal movement patterns, and to expand movement vocabulary.*

### FIFTH STAGE: FULLY SELF EXPRESS IN GIBBERISH

ON YOUR OWN, TOGETHER AND ON YOUR OWN AGAIN.

While sitting, close your eyes and begin to say **nonsense sounds** – any sounds or words, so long as they make no sense loud or quiet. Just speak any language that you don't know! Allow yourself to express whatever needs to be expressed within you. Throw everything out. The mind thinks, always, in terms of words. Gibberish helps to break up this pattern of continual verbalization. Without suppressing your thoughts, you can throw them out. Let your body likewise be expressive, get up when you feel like and start relating to someone in gibberish, interact with others, then go back to sitting down, and carry on with your monologue.

When directed to do so by workout leader,

Whatever you do is alright: scream & shout, cry, jump, do a tantrum, hit a mattress. Whatever it is that has to be expressed, let it all come out. Be totally mad, as mad and free as you can be.

Be aware that you don't hurt yourself and others. You can express your madness with your eyes closed or open; alone, or you can share it with each other.

### SIXTH STAGE: **CRYING**

Sit by yourself or with someone else and allow yourself to cry. You may not feel like crying right away, but you can make a soft sound of crying. You can think of all the pain in your life, of all that you really feel/felt sad about. Hold yourself softly in your own arms or hold a partner and let the tears come up.

*Crying helps the brain chemistry to change from depression to feeling good.*

### SEVENTH STAGE: **LAUGHING BUDDHAS**

Switch your energy around and laugh. If you feel serious, you need to start to act as if you were not. Laugh. Giggle. Move. Make a sound.

Make your friends laugh around you. Be gentle, soft, sensitive, and funny.

*To be happy is your birthright!*

### EIGHTH STAGE: **THE SECOND COMING**

Together with everybody you **run with arms up**, knees lifted and with flat feet making earth contact heals first. It is almost like running on the spot or flamenco stomping. It will not take very long until you experience THE SECOND COMING. A new physical energy, a lightness in your body, that helps you to continue to run even more easily than before.

You are encouraged to stay connected with the others: look at each other, make any sound. Or you can close your eyes.

*You will feel your physical power and that you can go over your limits.*

### NINTH STAGE: **CENTER OF THE UNIVERSE**

Standing in a relaxed position with eyes closed. With lips together, start **humming**, loud enough so that if you are doing it with others, you can be heard by them. This will create a vibration in your body. You can visualize a hollow tube or vessel filled only with the vibrations of the humming. Vibrate from the soles of your feet to the top of your foreheads. A point will come when the humming continues by itself and you become the listener. There is no special breathing, and you can alter the pitch.

### TENTH STAGE: **BACK TO EARTH**

Lie down on your back, palm of your hands and knees up to the ceiling, feet on the ground. Deep and slow breathing from your diaphragm. Relax. Enjoy doing nothing. Sink deeper into the floor with each breath out you take. Alexander technique style.

### ELEVENTH STAGE (Optional): **HUGGING**

Go to everybody, stand in front of one another, look into the eyes of the other, bow, and say, "Thank You" Then you hug. Meet everyone that is in the room.

**PLEASE NOTE: The order and length of the stages may be altered by the workout leader.**