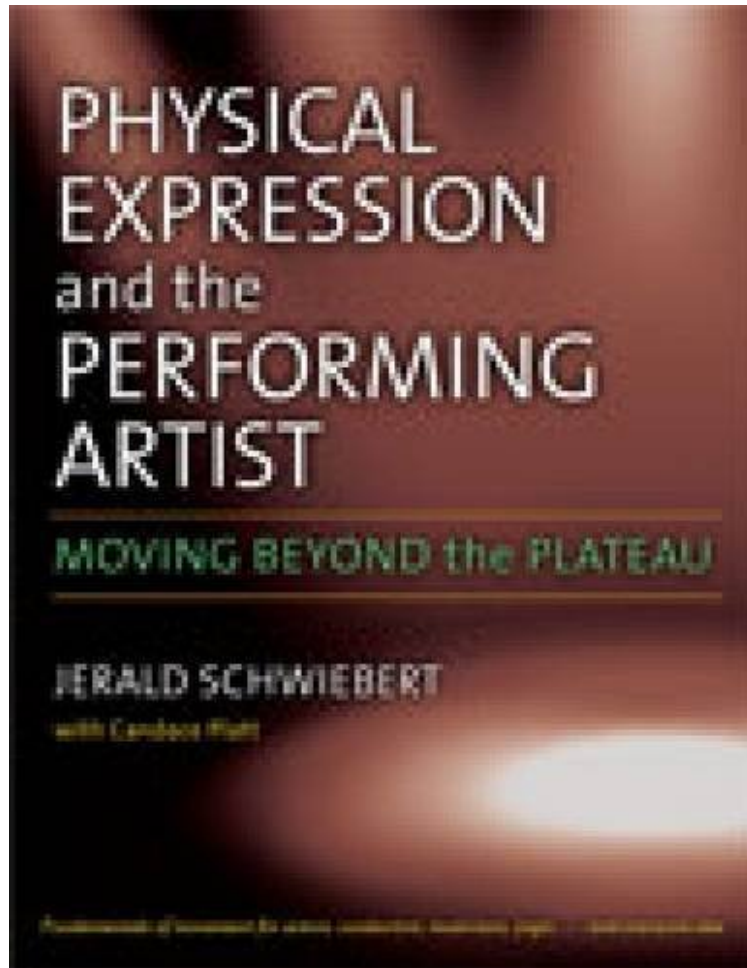


# Physical Expression and the Performing Artist: Moving Beyond the Plateau

*Jerald C. Schwiebert*

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All performers know that "tuning up the body" is necessary to maximize performance. A person's mannerisms, habitual patterns of movement, and posture can block the capacity for expression, often without the performer even noticing. Physical Expression and the Performing Artist offers an organized approach to movement for actors, conductors, dancers, singers, musicians---for performers of any kind.

About the Author Jerald Schwiebert is a director and performance coach who has led workshops for Conductors Guild, the College Band Directors National Association, Dance America, the National Association of Health Education Centers, and yoga and massage therapy associations, among other groups. His directing credits include productions at the Edinburgh Festival Fringe, the Intiman Theatre, Syracuse Opera, and various U.S. universities. He is on the faculty of the School of Music, Theatre and Dance at the University of Michigan. Candace Platt is a writer living in Chelsea, Michigan.