Here is How: A Day at LDA

Here is how to set your alarm for 7:10 A.M the night before.

Here is how to snooze that alarm only once when it wakes you up so you will have time to walk through the mist of Kensington High Street instead of taking the bus.

Here is how to go to bed by 11:30 P.M so that snoozing the alarm only once isn’t that hard.

Here is how to crawl out of bed like the animal you are using for your character research.

   Please take care not to accidentally wake your slumbering roommates with an unnecessary animal sound.

Here is how to warm-up your resonators and articulators while going about your morning routine.

   Please be sure to gently massage your jaw after particularly strenuous articulations.

Here is how to remind yourself to soften your neck and let your head float gently up and out.

Here is how to groggily put on your billowing sheet-like pants and neutral-colour, earth-tone tee-shirt so that you can move comfortably in all your classes.

   Please be mindful that the rooms fluctuate temperature quite quickly and you may need a spare layer or two.

Here is how to prepare your schoolbag for the day.

   Item One: Two Energy Bars
   Item Two: One Script Book
   Item Three: Two Pencils and Two Pens
   Item Four: Five assorted Plays
   Item Five: Four Loose One Pound Coins – who knows how they got there.

Here is how to march up Kensington High Street muttering Shakespeare under your breath.

Here is how to ignore the strangers who are looking at you like you might be crazy.

Here is how to remind yourself to soften your neck and let your head float gently up and out.

Here is how to show up to class forty-five minutes early so you can get a real warm-up in.

Here is how to get in a speed warm-up when you end up showing up fifteen minutes early instead.

   Don’t even think about showing up later than fifteen minutes early.
Here is how to sit forward on your chair and find your sit-bones while your teacher uses the Socratic Method to teach you the Stanislavski Method.

Here is how to answer, who am I?
Here is how to answer, where am I?
Here is how to answer, when am I?
Here is how to answer, what do I want?
Here is how to answer, why do I want what I want?
Here is how to answer, how do I get what I want?
Here is how to answer, what must I overcome?

Please, when first answering these questions, start with the character you know best in the world – you.

Here is how to remind yourself to soften your neck and let your head float gently up and out.
Here is how to choose an animal for your character.
Here is how to find your character’s tempo.
Here is how to do a personal object exercise.
Here is how to do a character object exercise.
Here is how to speak verse.
Here is how to speak prose.
Here is how to learn to love speaking both.
Here is how to let the language live in your body, not just your brain.
Here is how to speak with support.
Here is how to speak in an RP accent.
Here is how to speak in a London accent.
Here is how to speak in a Northern accent.

Unless you’re a natural, you’ll probably be rubbish for a while.

Here is how to move.
Here is how to move while wearing a neutral mask.
Here is how to stay in period while dancing.
Here is how to safely fight with swords.
Here is how to audition.
Here is how to not get sick.

Don’t.
Here is how to remind yourself to soften your neck and let your head float gently up and out.
Here is how to volunteer even before you know what you will be asked to do.
Here is how to pay attention even when it’s not your scene.

Or get called out if you aren’t.
Here is how to learn from watching.
Here is how to remind yourself to soften your neck and let your head float gently up and out.
Here is how to give all of yourself to your peers in the hopes of inspiring them.
Here is how to let yourself be inspired by your peers doing the same.
Here is how to listen when you get chewed out for not putting enough effort or attention into your work.
Here is how to see the love in your teacher’s eyes while they chew you out.

We all know that the best work is usually borne of the biggest failures.
Here is how to finish class at 6 but stay in the building ‘til 10.
Here is how to lie in an aligned semi-supine position for twenty minutes just breathing and releasing when you get home.

Don’t fall asleep.
Here is how to remind yourself to soften your neck and let your head float gently up and out.
Here is how to set your alarm for 7:10 A.M.

Got it?
This is how to say “I’ll play!”
This is how to be a student at LDA.