

# LESSAC BODY and VOICE TRAINING

## The Three Body Energies (NRG's)

Lea Baker – Region 25 Summer Music Camp

### BOUYANCY

Familiar Event : 'floating like in a pool' - energy that is weightless and fluid

Qualities: Breath fuelled, floating, light, anti-gravitational, buoyant.

Dialects:

- Rising buoyancy – floating upwards
- Settle down buoyancy – settling downwards like a feather
- Floating buoyancy – floating in equilibrium between up and downward motion.

Physical explorations:

- Sitting on knees, then raise up gathering air molecules bring them towards you and settle back down, repeat.
- Sit ups using buoyance (arms as sails)
- Wafting and waving.
- Float in a pool.

Characterization / Scene applications:

- Caressing, comforting, calming, soothing
- Ignoring, dismissing, evading
- Physical applications rising buoyancy: flying, soaring, drunkenness
- Physical application setting down buoyancy: exhaustion, drunkenness, weakness, illness.
- Physical application – floating buoyancy: dizziness, floating in air or water.
- Gliding, sweeping, floating, soaring, sighing.

### RADIANCY

Familiar Event: shivering, shaking, Christmas morning excitement, walking down a dark alley at night, making a child laugh.

Qualities: electrically charged, vibratory, anticipatory agile, spontaneous, provocative, evocative, delight. Tempo - rhythm, quick, staccato.

Dialects:

- Vibratory radiance
- Anticipatory radiance (child like eagerness / excitement)
- Signal alert – on guard
- Body Humour
- Flirtatious radiance

Physical applications (Vibrancy)

- Body shakes and vibrations

- Direct and indirect muscle shaking
- Tickle, shimmer, quiver
- Shaking with fear / pain
- Shaking with joy, delight, glee

Physical applications (Anticipatory)

- Eagerness, curiosity, spontaneity, willing, positive, vulnerability
- Flick, wink, spark
- Nimble deftness and dexterity

Physical applications (Signal Alert)

- Runners 'get set'
- On guard
- Get ready to pounce

Characterization / Scene applications:

Eagerness, curiosity, spontaneity, excitement, on guard, funny walks, flirting.

**POTENCY**

Familiar event: Yawn / stretch after a long car ride.

Qualities: Muscle yawn fuelled, strengthening, reaching, invigorating. Slow & sustained, strong, open, pleading, probing, imploring.

Dialects:

- Expanding
- Contracting
- Stretching & reaching (no tension, force or push)

Physical explorations:

- Yawning, cat like stretches, reach for a peach!
- Stalk walking, strutting
- Tai Chi like movement

Characterization / scene applications:

- Playing, forceful or confrontational actions (threatening, forcing, probing)
- Pleading, imploring, luring, seducing.
- Reacting to tremendous grief or pain
- Physical applications – wading through water, pushing, pulling, dragging something

*Summarized from 'The Use and Training Of The Human Voice – 3<sup>rd</sup> Edition. Aurther Lessac'*