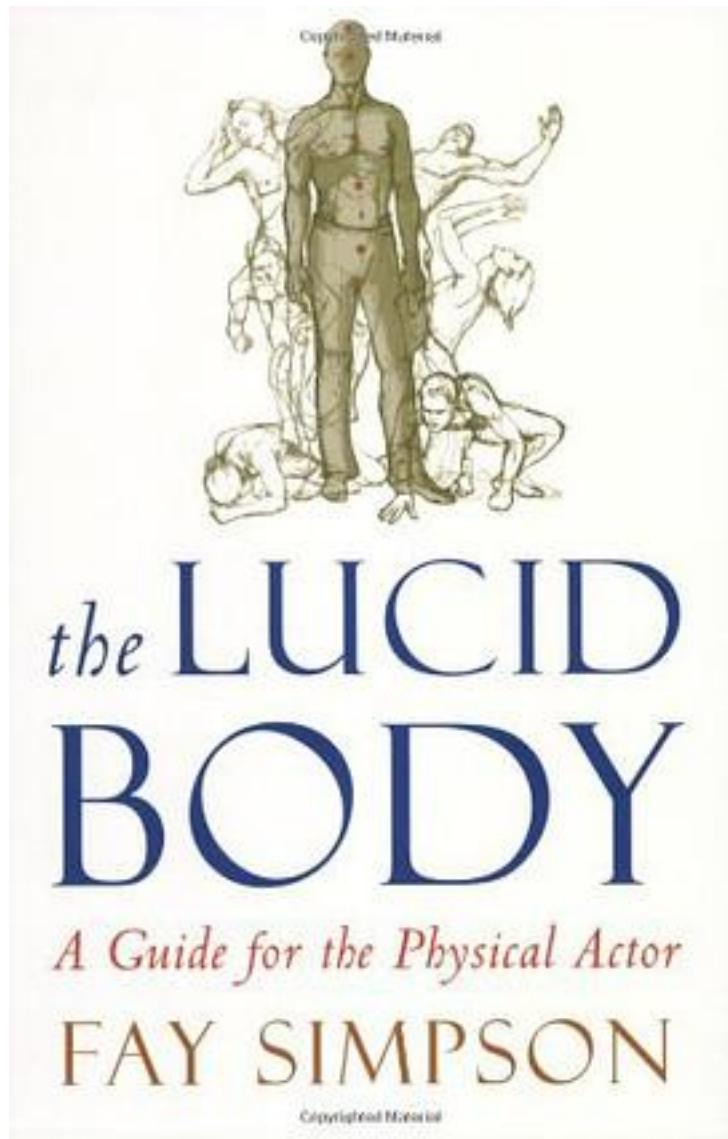


# The Lucid Body



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Novice actors and stage veterans alike will discover a deeper level of consciousness through the exercises outlined in *The Lucid Body: A Guide for the Physical Actor*. Developed by Fay Simpson, an Actors Center member and co-founder of Impact Theatre, *The Lucid Body* is a cutting-edge technique that lets you combine eastern yoga elements with your contemporary western way of life to bring truth to your acting and inner clarity to your life.

*The Lucid Body* technique has been presented by the author for 15 years in workshops, rehearsals, and schools, teaching actors to access their seven chakra centers. Now you can practice in your own home what hundreds of others have already discovered at the Yale School of Drama, NYU, and the Michael Howard Studios. Add vital energy to your life and your acting with *The Lucid Body*.

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