



Announcing our next college-level workshop for area youth!

Cider Mill Playhouse invites teenage students to take part in the Fresh Cider Teen Acting Intensive: "Our Instrumental Bodies"

Ever wonder how to tell if someone is lying or telling the truth? Wish you had the power to physically transform yourself in the blink of an eye? Want better ways of handling the stress of school and life?

Playhouse's Artistic Associate Joshua Sedelmeyer welcomes Ms. Gwynedd Vetter-Drusch as co-teacher in this exploration of accessing our human form's full potential. In *Our Instrumental Bodies*, students will develop a skillset that improves confidence, communication skills, and wellness both on and off the stage.

Through interactive games and creative exercises, this 30-hour course, which takes place during the week of Spring Break, will cover a wide range of Actor Movement topics, including: how to fill "shape with action," professional vocabulary (learn what they say on Broadway!), how to tend to the body's physical needs, and introductions to several advanced performance techniques for bodily awareness, relaxation, and creative mastery -- all of which make you a stronger, more versatile, and "employable" actor and a more effective communicator.

Topics include: Stage Combat, Creative Movement, Three Pillars Arts Delsarte, Laban, Masks, Yoga, Alexander Technique, and more.

Dates: April 17-21, 9:00am-4:00pm with an hour lunch break. Performance/showcase on 4/21.

About the Instructors:

Gwynedd Vetter-Drusch is an NYC-based actor, dancer, and teaching artist. The daughter of theater professionals, she hails from Seattle, WA. Gwynedd grew up under her mother's production table, observing the powerful creative process of theater. She entered a pre-professional ballet training track at the age of 13 and then began her performing career as a dancer in Tulsa Ballet II at the age of 18. A year later, she moved to NYC to work under the direction of legendary ballerina Gelsey Kirkland. Now, she can be found dancing the role of Sugar Plum Fairy in *DIY (DANCE IT YOURSELF) NUTCRACKER* one month and creating the role of Annie Sullivan in *SHADOW AND SOUND* (a new play about Helen Keller), the next. When she is not performing, Gwynedd can be found training with Three Pillars Arts Delsarte master teacher Joe Williams, directing *Moving for Monarchs* (a dance and film project for monarch butterfly conservation; www.movingformonarchs.org), and teaching ballet to NYC area students. A newcomer to CMP, Gwynedd is thrilled to currently be appearing as Molly Aster in *PETER AND THE STARCATCHER*. www.gwyneddvetterdrusch.com

Joshua Sedelmeyer is a professional actor/director residing in Endicott, NY. He received a BFA in Acting from Ithaca College, with distinction in his department. Josh also studied at the world-renowned Moscow Art Theater School (MXAT) in Russia and trained with stage combat guru Brett Yount in London. Josh's professional career spans several states and styles, with a focus on new works, contemporary drama, and youth musical theatre. He is one of the founders of CMP's Fresh Cider Program, the company initiative for youth education and engagement. The next Fresh Cider production, *A YEAR WITH FROG AND TOAD*, has performances April 28-30. Past acting experience at Cider Mill Playhouse includes *ALL SHOOK UP*, *SPAMALOT*, *INTO THE WOODS*, *STAGE KISS*, *THE 39 STEPS*, *URINETOWN*, *WHEN IN CARTHAGE*, and most recently, *PETER AND THE STARCATCHER*. Directing credits include *THOROUGHLY MODERN MILLIE* and *TALES OF KINGS (& WILD THINGS)*. www.jsedelmeyer.com