

If you are looking for extra creativity and theatre inspiration I suggest these:

www.Broadway.com

They're streaming a lot of musicals for free, and, today Lin Manuel Miranda was streaming singing and playing piano from his Manhattan apartment.

You can search shows to watch and classes to take at www.themagnettheater.com

I have hired many theatre artists from that theatre to come to Eau Claire for Improv Fest. Elana Fishbein, Rick Andrews, and Shacottha fields to name a few. All excellent actors, improvisers, and teachers. In fact, when (knock wood) Ms. K and I go to NY this July I am workshopping a one woman show with Elana. Right now she is coaching me online.

Elana's direct site is ELANAFISHBEIN.COM

Those of you interested in dance and movement - CLISTudios. www.clistudios/keepdancing

Check it out! Last night my daughter Lila and I did Hip Hop and Contemporary. They're doing this as long as studios are closed. Even if you personally don't dance, I think you should watch to look at the power of movement. So cool.

Please allow yourself time for mindfulness each day. Even 5 minutes to run the breathing and stretching exercises I have lead in class will help you stay focused and relaxed. If you want to learn more I suggest:

Insighttimer for breathing meditations.

YogaEd.com and Yoga With Adriene. I use both of these programs at home.

If you want to read about Documentary Theatre and get a glimpse of it google these people/companies who are leaders in the field:

Anna Deavere-Smith. Look at her web site, facebook page, watch interviews with her. She is one of my heroes. Absolutely phenomenal artist. I usually teach Twilight L.A. or Fires in the Mirror.

Tectonic Theater Project. They have a wealth of projects to investigate. Some are intense so peruse with caution. I usually teach The Laramie Project.