

Master Class

# LOLA COHEN

Former student of the legendary **LEE STRASBERG**  
Teacher at **THE LEE STRASBERG THEATER AND FILM INSTITUTE**



**FOR THE FIRST TIME IN FRANCE**  
from MAY 13th to MAY 22nd



## LOLA COHEN BIOGRAPHY

Master Teacher and true promoter of Lee Strasberg's legacy , **Lola Cohen** is coming to teach for the first time in France.

**Lola Cohen** studied with **Lee Strasberg** for the last five years of his life and has taught his Method for 33 years at the **Lee Strasberg Theater and Film Institutes** in New York and Los Angeles.

After Lee's death, Lola continued her training with **Kim Stanley** (Two time **Emmy Award** winner, Two times **Oscar nominated**. One **BAFTA Awards** Nomination, One **Golden Globe** Nomination ) who developed her own brand of training including her invaluable **Need Exercise**.

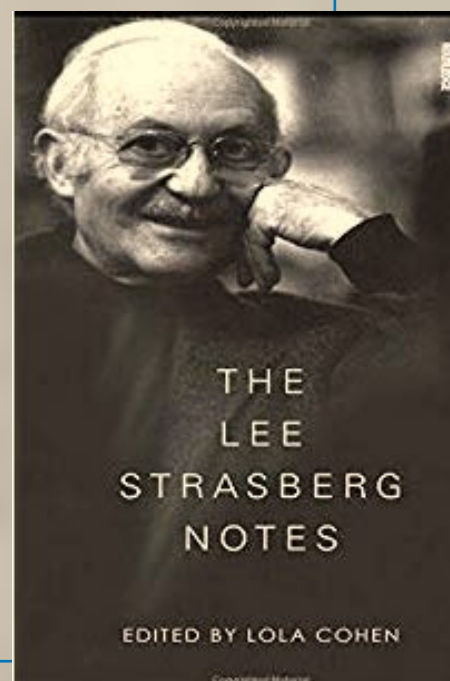
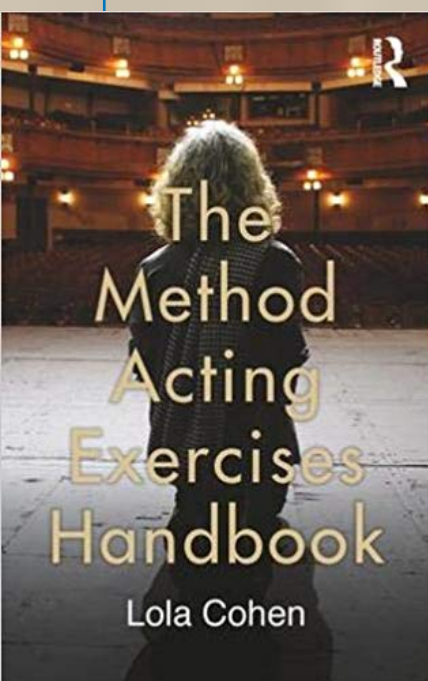
**Lola** also studied with great director and O'Neil expert **Jose Quintero**. Since 1996, **Lola** teaches in the **NYU Tisch School of the Arts**, Department of Drama at the **Strasberg Institute**. She was designated a Fulbright Specialist Scholar in 2017.

She trained and coached **Tony award winner Kelli O'Hara**, **Golden Globe Winner Rachel Brosnahan**, **Chris Rock** ( A Very Murray Christmas dir. **Sofia Coppola**, Two days in New York dir. **July Delpy**, etc ), **Adam Bakri** ( lead role in the movie Omar, **Oscar nominated** for best foreign picture ) and many more...

Internationally acclaimed, **Lola's** Master Classes and lectures include The Russian State

Institute for Performing Arts, Russia, The Rose Brudford College, UK, the Chekhov International Theater School, Russia, The National Film School of Denmark & The Danish Film Institute, and many more...

Lola's books, **The Method Acting Exercises Handbook** (2017), and **The Lee Strasberg Notes** (2009), done in close cooperation with the **Strasberg family** are both published by Routledge.





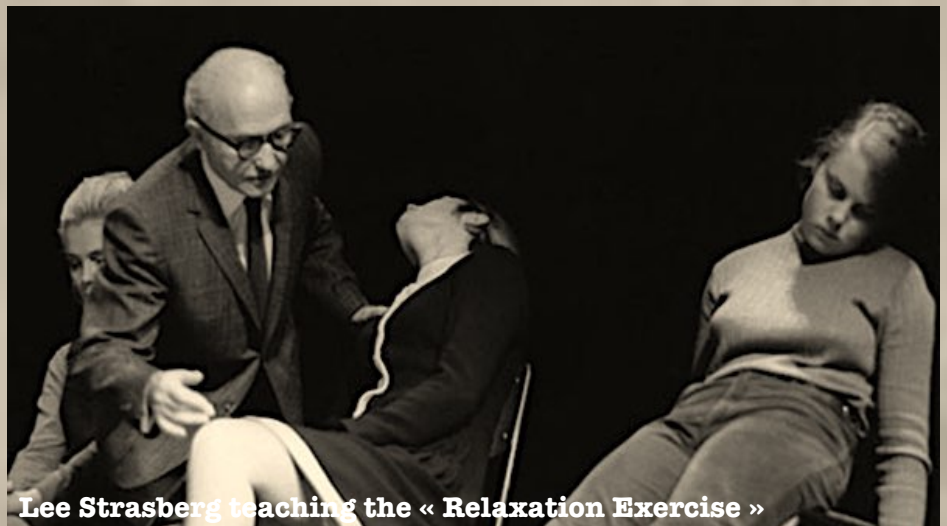
Lola Cohen teaching the « Relaxation Exercise »

## Lola Cohen Master Class consists of Two Parts:

Actor's Work on Themselves, The Instrument and Actor's Work on the Character.

### Part One – Actor's Work on Themselves

Each class begins with the Relaxation Exercise to ensure that the physical and mental tension within the Actor body is eliminated. In solidarity with Stanislavski, Strasberg championed and taught the significance and importance of being able to relax at will, entering into what Stanislavski called the “creative mood,” where all good acting takes place; which is described as a state of being aware, as well as knowing how and where the senses and emotions can function fully and expressively. Strasberg often said that actors need a warm heart and a cool head to gain control over the body and mind, freeing them from the pervasive problems of tension, habits, and distractions.



Lee Strasberg teaching the « Relaxation Exercise »



## **Part Two** – Actor's Work on Characters and Scenes

The second part of each day is devoted to the actor's work on characters, scenes and monologues. Participants will also explore monologues during the Exercise Work

Topics and Exercises covered include :

- Subtext
- Motivation
- Repetition
- Spines
- Need Exercise
- Improvisation
- Rehearsal Procedures
- Auditions
- Painting Exercise
- Animal Exercise

## About this course

### Duration

**10 DAYS – NO INTERRUPTION–**

**10 AM – 5 PM – 60 hrs total**

### Term Start

**May 13th to May 22nd 2019**

## Fee and Application Information

### How to Apply

Please email [lesateliersprodelacteur@gmail.com](mailto:lesateliersprodelacteur@gmail.com)

Course fees: **580 €** instead of **720 €** (for a registration before April 1st).

### **EARLY BIRD–**

**580 €** for 60 hrs (9,60€/H)

**Deposit : 180€** (before 1st April 2019)

**Balance : 400€** (payment in two installments) paid in full before May 1st 2019.

### **FULL FEE –**

**720 €** for 60 hrs (12€/H)

**Deposit: 180 €** (after April 1st –within the constraints of the available space )

**Balance : 540€** (payment in two installments) paid in full before May 1st 2019.

**NOTE:** Your place will be reserved at reception of your Deposit.



**Al Pacino (Oscar winner) & Lee Strasberg**



**Lola Cohen & Ellen Burstyn  
(Oscar winner)**



**Robert De Niro (Oscar winner) & Lee Strasberg**



**Lee Strasberg teaching**



**Whereabout**  
**STUDIO DES RIGOLES**  
46 rue des Rigoles 75020 PARIS