

Acting Course Syllabus – 4-Week Intensive Course

Instructor: Aliaksei Yafremau (Alexey Efremov)

Class duration: Once a week, 2.5 hours per session

Course Goal

To explore the fundamental principles of acting through exercises, improvisation, and partner work — developing awareness, imagination, and creative freedom. This intensive course introduces key elements of the Stanislavski System (Method Acting) and aims to help participants release physical and psychological blocks, build stage presence, and strengthen focus and connection with others.

Structure

- Week 1–2: “The School” — core training in attention, perception, imagination, and ensemble awareness.
- Week 3–4: Applied work — exercises in focus, imagination, freedom, and self-expression through etudes and improvisation.
- Creative homework assigned weekly.
- No final performance — focus is on process, exploration, and personal growth.

Weekly Breakdown

#	Class Content	Homework
1	Introduction and Awareness. Group acting exercises and focus exercises. Attention and contact drills. Working with body and space. Building trust and ensemble. Introduction to “perception”	Start a creative journal. Write a reflection: What surprised you today? What felt easy or hard? Why? Your thoughts.
2	Perception and Partnering. Work on sensory awareness and emotional memory.. Etudes based on real behaviors. Introduction to imagination and physical memory of objects.	Read a short excerpt from Stanislavski’s “An Actor Prepares”. Write bullet points or reflections in your journal.

3	Imagination and Freedom. Improvisation exercises exploring “given circumstances.” Emotional memory and focus.. Discovering playfulness and creative spontaneity.	Film a short film on your phone.
4	Integration and Expression. Ensemble improvisations, attention to impulse, and inner truth. Working through physical and psychological blocks. Reflection and discussion of personal discoveries.	Final reflection: What did you learn about focus, imagination, and freedom? What do you want to explore next?

Notes

This 4-week course is designed as an introductory journey into acting technique and creative awareness. It is ideal for beginners or anyone wishing to reconnect with their sense of play, focus, and authenticity on stage.