

The Menconi Performance Studio

Where you learn not only healthy singing/acting/performance technique but how to become a self-sufficient artist and find your true self.

Bel Canto (Singing) Technique As Taught By Rachel Menconi

BENEFITS:

- Can't hurt your voice and have no more tension
- Develop a bigger voice/range and Better breath control/tone quality
- Protect vocal chords from abuse
- Sing with consistency
- Never crack or be hoarse again (unless you are sick)
- Sing while you are sick or have allergies
- Learn how to warm up your voice completely (outside of the lesson) with the most efficient way of warming up your voice
- Become fully aware of your mind/body
- No more pitch/harmony problems
- Improve your artistry by becoming a true artist
- Gain confidence and knowledge you can use both while practicing and performing

Stanislavski/Chekhov (Acting) Technique As Taught By Rachel Menconi

BENEFITS:

- On-Camera (Film, TV) technique
- Soap Opera Technique
- Prime Time TV Technique
- Theatre Technique
- Cold Reading Technique
- Improv Technique
- Headshot and Resume Building
- Audition Technique and Etiquette
- Always stay in character
- Memorization Technique
- Project without screaming
- Become fully aware of your mind/body
- Learn how to be real
- Have layers and focus
- Gain confidence and knowledge you can use both while practicing and performing

Rachel Menconi not only teaches her students real and healthy singing, acting, and performance technique they can use while practicing and performing, but she gives all her students the proper tools to eventually become a self-sufficient singer/actor/performer and master the technique!

ULTIMATE GOAL:

The goal is to not only make all students the best performers, singers, and actors they can be but to also give them all the proper tools they need to become self-sufficient. Being a self-sufficient singer/actor/performer just means that they can assess a problem on their own and then know how to fix it without damaging their body/voice/mind. If the student can master that, then they don't need a teacher anymore and in a way become their own teachers. Of course this takes many years to master and doesn't happen over night. It takes time and dedication.

PERFORMANCE OPPORTUNITIES:

I direct many shows through out the year. If I feel a student is ready, they will be invited to perform in a custom tailored performance to showcase the entire cast's best talents. Past shows have been performed in NYC and NJ venues.

LESSON INFORMATION:

PRIVATE VOICE (60 minutes OR 45 minutes; ONCE a week)

Private voice students work on Bel Canto singing technique (support, breathing, vowels, meter, flashes, form...etc). Students also work on songs of all genres (either on tape, CD, or ipod). Each student receives and learns how to use warm-up mp3s to help them achieve range and more breath control. When the student has all the basics down, they learn how to vocalize (warm-up) their own voices on the keyboard/piano so they are able to warm up outside of their lesson by themselves. When a student becomes Advanced, they receive about once a month a written voice lesson that helps you master the technique of Bel Canto and helps you maintain your voice. If you know how to use every voice lesson in the book, know how to vocalize, and always support/breathe when singing, you will have finally master your technique!

SEMI-PRIVATE VOICE (90 minutes, 60 minutes, OR 45 minutes; ONCE a week)

Semi-Private voice lessons are where there are more than one person in the lesson but no more than 4 people in the lesson. All students work on Bel Canto singing technique (support, breathing, vowels, meter, flashes, form...etc). Students also work on songs of all genres (either on tape, CD, or ipod). Each student receives and learns how to use warm-up mp3s to help them achieve range and more breath control. When the student has all the basics down, they learn how to vocalize (warm-up) their own voices on the keyboard/piano so they are able to warm up outside of their lesson by themselves. When a student becomes Advanced, they receive about once a month a written voice lesson that you master the technique of Bel Canto and helps you maintain your voice. If you know how to use every voice lesson in the book, know how to vocalize, and always support/breathe when singing, you will have finally master your technique!

GROUP PERFORMANCE CLASS (3-5 hours; 2-4 times a month)

Performance Classes are where students take notes on singing/performance technique, where students analyze recordings of themselves and other artists singing; identifying both good and bad technique to gain a MP3 Library they will always be able to reference back to even after lessons, sing warm-ups (as a group with the class), sing songs (alone) in front of the class, learn microphone technique (live performance/recording studio), and learn how to recover when things go wrong in performance without letting the audience know! Students also learn to copyright their original songs. A selected group of students also prepare for a performance in NJ and/or in NYC once a year. Performance classes (PCs) are

designed to help increase technique, confidence, knowledge, reduce stage fright, and re-enforce what is taught and practiced in the private voice lesson.

Note: All voice lessons (private, semi-private) and performance classes are on-going. Each student comes once a week to private, semi private voice lessons, and 2-4 times a month to performance classes. Lessons should be every week but can be changed to every other week if schedule/finances change. Rachel is all about communication. The Performance Classes enhance the private lesson and student improves faster. Not every student is involved in the PC. Students are only asked to join the Performance class if they show commitment and professionalism. PC's are mostly scheduled on Saturdays afternoons but sometimes can be changed to Friday evenings/Sunday afternoons with enough notice.

PRIVATE ACTING (60 minutes OR 45 minutes; ONCE a week)

Private acting students work on Stanislavski and Chekhov Acting Technique (5 Ws, Time/Space/Force, relaxation/focus exercises Sense Memory, Animal Essence, etc). Students also work on all forms of acting (theatre and camera). Students warm up bodies by going through a group of mind/body exercises (Molding, flying, floating, and radiating...etc). All students & Rachel choose material that he/she is comfortable with (monologue, scene, acting out a song, and improv). Rachel then discusses each student's needs & objectives, (Are the stakes high enough? Is he/she always in character?...etc) as well as address any "isms" (bad habits) he/she might do (indicating, biting his/her lip, sighing, being stiff, slapping his/her thighs, bad diction...etc.) Students get more comfortable with and aware of themselves and the environment around them. Students learn how to always have layers and to always be/stay in character even when life gets you down.

SEMI-PRIVATE ACTING (90 minutes, 60 minutes OR 45 minutes; ONCE a week)

Semi-private acting students are where there is more than one person in a semi-private lesson (but no more than 4 people). All students work on Stanislavski and Chekhov Acting Technique (5 Ws, Time/Space/Force, relaxation/focus exercises, Sense Memory, Animal Essence, etc). Students also work on all forms of acting (theatre and camera). Students warm up bodies by going through a group of mind/body exercises (Molding, flying, floating, and radiating...etc). All students & Rachel choose material that he/she is comfortable with (monologue, scene, acting out a song, and improv). Rachel then discusses each student's needs and objectives, (Are the stakes high enough? Is he/she always in character?...etc) as well as address any "isms" (bad habits) he/she might do (indicating, biting his/her lip, sighing, being stiff, slapping his/her thighs, bad diction...etc.) Students get more comfortable with and aware of themselves and the environment around them. Students learn how to always have layers and to always be/stay in character even when life gets you down.

GROUP ACTING CLASS (3 hours; 2-4 times a month)

The on-going general but professional Acting Classes are where students take notes on acting/performance technique, identify both good and bad technique, do mind and body warm-ups (as a group with the class), act out monologues (alone) in front of the class, go over scenes (with at least one other student), learn how to project, and learn how to recover when things go wrong in performance without letting the audience know! Students also have the option of writing a short one act play together (as a group) and learn to copyright their original works. A selected group of students also prepare for a performance in NJ and/or in NYC once a year.

Note: All acting lessons (private, semi-private) and group acting classes are on-going. Each student comes once a week to acting lessons (Private and Semi-private lessons) and 2-4 times a month to

acting classes. Lessons should be every week but can be changed to every other week if schedule/finances change. Rachel is all about communication. The group acting classes enhance the private lesson and student improves faster. Not every student is involved in the group class. Students are only asked to join the class if they show commitment and professionalism. Group acting classes are mostly scheduled on Saturday evenings but sometimes can be changed to Friday evenings/Sunday afternoons with enough notice.

SPECIALTY CLASSES/SEMINARS/WORKSHOPS:

SEMINARS (Runs 2-4 weeks)

How To Advance And Get Off That Performance Plateau!, Audition Technique: 101, The Perfect Resume/Headshot, Marketing Yourself, Where to look for the best training (It's not where you think), and Cold Reading Technique: 101

SPECIALTY CLASSES (Runs 6-12 weeks)

Acting Fundamentals (8 Weeks), Cold Reading (6 Weeks), On Camera/Film/TV (6 Weeks), Theatre Technique (8 Weeks), Improv (8 Weeks), Character Development (10 Weeks), Monologue/Scene Study (10 Weeks), TV Production: write and star in your very own TV/Web show (12 Weeks).

WORKSHOPS (Runs 2-8 weeks; Offered 2-6 times a year)

The Indie Film Experience! (5 Weeks), Do's And Don'ts Of Being On-Camera (5 Weeks), Theatre Skills (6 Weeks), Find and Perfect That Monologue (6 Weeks), Acting VS Being (6 Weeks), Stage Presence VS Stage Fright (6 Weeks), Song Writing (8 Weeks), How To Sing With Feeling (6 weeks) and How To Project The Voice (6 Weeks).

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*** Feel free to call or email with any questions. If you would like private lesson, group class, and/or workshop prices, please email Rachel for the updated price list. ***