



Meyerhold, Eisenstein and Biomechanics: Actor Training in Revolutionary Russia

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Russian theater director Vsevolod Meyerhold designed Biomechanics--a system of actor training--shortly after the Russian Revolution. Although not always understood, it received wide attention as a result of Meyerhold's unique position as the foremost Soviet avant-garde director. Meyerhold had students that both perfected and challenged his theories in actor training--including the film director Sergei Eisenstein. Gathered from private Moscow archives, this is the first book-length study of Meyerhold's stylized training method in practical detail, as well as Eisenstein's theoretical analysis of Biomechanics. The book traces the history and theoretical foundations of Biomechanics and Expressive Movement, with descriptions of the basic biomechanical exercises and etudes. It also includes a glossary of biomechanical terminology and bibliographical information.



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