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Acting Classes for Adults and Teens at The Open Mind Center

ROSWELL, GA (December 30, 2010) – The Open Mind Center, a holistic center in Roswell, Georgia announces the addition of Your World's the Stage acting classes to its offerings, starting Saturday January 15th from 1:00-3:00pm and Monday, January 17th from 4:30-6:00pm for adults and teens.

For those who have had a secret desire to express themselves through acting, the time is now, the power is you.

Acting classes have been shown to increase ones cognition, self-discipline, self esteem, teamwork ability and imagination. This acting program is an extremely direct way to address and nurture these characteristics. Students can also overcome anxiety of public speaking, become more focused and obtain the goals for taking on their next or maybe first audition?

This is an 8-week journey in which participants learn improvisation, character study and breakdown, audition techniques, memorization techniques, scene study, parts of the stage, acting for camera, collaboration and working in an ensemble and much more. As a culmination of the program, the actors will perform in a showcase of the work learned. Included in the 8-week course is an 8x10 headshot and a DVD of the showcase performance.

About The Open Mind Center- The Open Mind Center is dedicated to creating and inspiring a sense of hope, health and community for its customers. The Center is a place where people can find many ways to alleviate stress during these tough times. They offer instructive programs, holistic health and wellness services, and products intended to heal the body, nourish the soul and awaken the spirit. The spacious 6,800 square foot facility contains classrooms, a wellness studio with massage rooms, a retail space, tea bar and meditation room. For more information about The Open Mind Center, please contact Charmaine Taylor at (678) 243-5074, or visit www.theopenmindcenter.com.