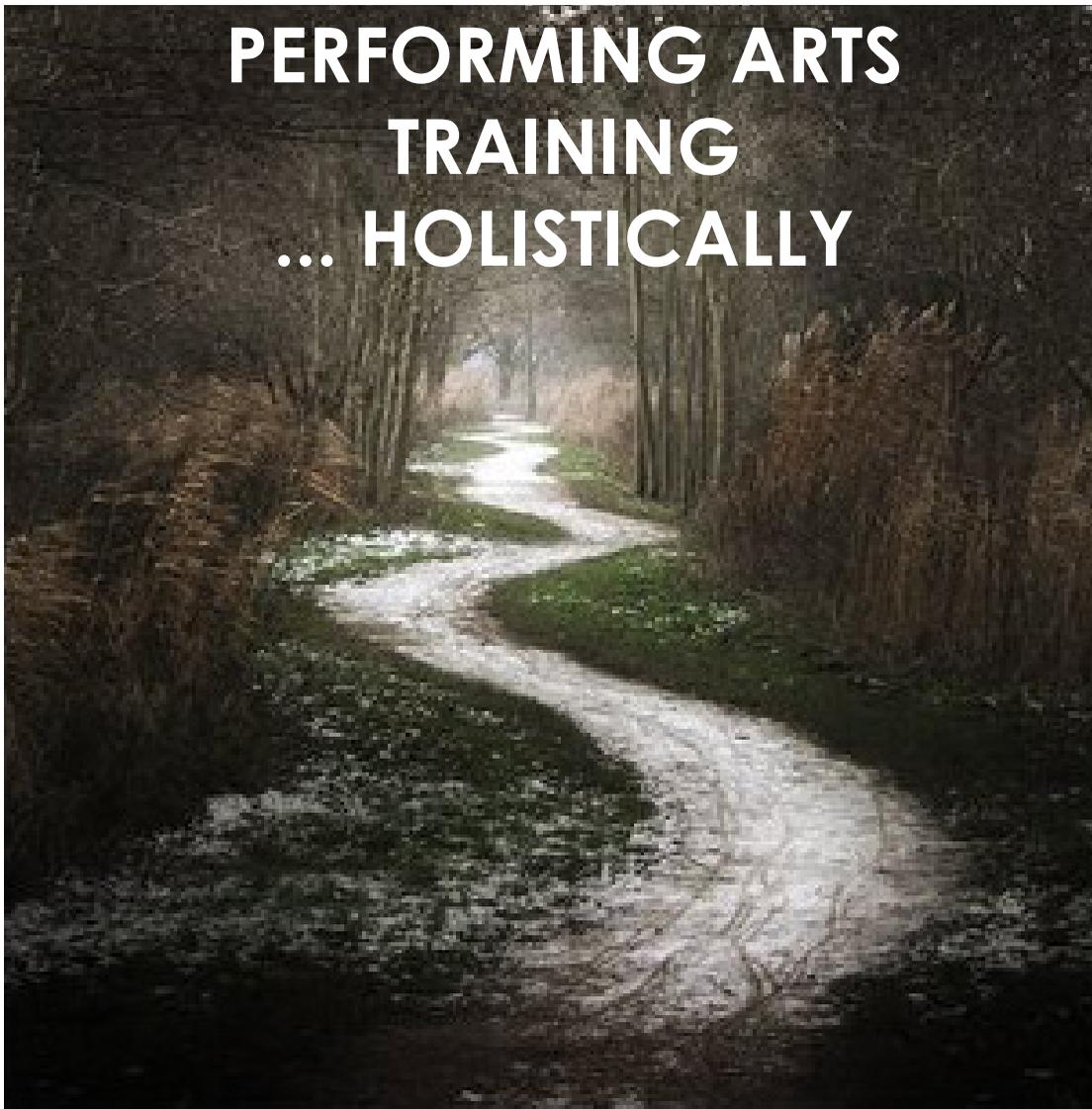


*Take the right P.A.T.H.*



*The M Center*

# The P.A.T.H.:

## A Different approach to performing arts training.

Human beings are made up of three powerful and equal elements: *body mind and spirit*. If one falters they all suffer. **Mary Elizabeth Micari's P.A.T.H. works on all three elements.**

### MARY'S OWN P.A.T.H.

As an instructor of the performing arts, Mary Elizabeth Micari brings nearly 40 years experience to each student. She sang and studied with renowned opera and musical theatre performers – including Broadway veterans and students of singers like Maria Callas. She managed influential non-profits arts organizations and served as a staff member for numerous Broadway productions, feature films, and television programs. In 2010, Ms. Micari was diagnosed with Rheumatoid Arthritis. Conventional methods either did not work or produced dangerous, even mortal, side effects. She saw clearly that her own talents were weakening due to this illness – her voice especially. Her mental abilities were diminishing and it seemed to her that she was giving up the will to continue.

Mary turned to holistic healing like Herbalism, Reiki, Aromatherapy, Sound-Healing (including tuning forks, singing bowls, chimes, harps, and other instrumentation – both ancient and modern), and even more esoteric methods such as Tarot, Astrology, Meditation, and varied forms of Spirituality.

### OUT OF THIS CAME PERFORMING ARTS TRAINING – HOLISTICALLY.

Today, Mary has found solace and even recovery from her own fears, illness, and obstacles, and wants to share it with the world.

The P.A.T.H. is not exclusive

While this method makes you a better performer – inside and out – it also makes you a better person thus everyone can join the P.A.T.H.

It addresses fear issues and where they originated; it enhances the physical element of performing by strengthening your will toward your goals; it keeps you on your path. But this method can also make you a better person.

**THE P.A.T.H. WORKS WITH VOICE, SPEECH, ACTING, AND BASIC MOVEMENT.**

- ☯ Vocal Training & Strengthening
- ☯ Acting & Speech
- ☯ Movement for the Actor
- ☯ Focused & Individualized Career Counseling
- ☯ Spiritual Counseling

**FAMED TECHNIQUES ARE PART OF THE P.A.T.H.**

- ☯ Bel Canto Technique
- ☯ Stanley Technique
- ☯ Tomatis Technique
- ☯ Alexander Technique

**THE P.A.T.H. USES AGE-OLD METHODS IN NEW WAYS.**

- ☯ Herbalism
- ☯ Reiki
- ☯ Aromatherapy
- ☯ Tarot
- ☯ Astrology
- ☯ Meditation
- ☯ Spirituality
- ☯ Sound-Healing, including tuning forks, singing bowls, chimes, and harps

***The P.A.T.H. is Body, Mind, Spirit***

***... All help put YOU get on and stay on the path YOU want.***

# P.A.T.H.

## *Performing Arts Training ~ Holistically*

*MENU as of August 2015*

### *Main Courses:*

#### **GENERAL VOICE LESSONS**

##### **INCLUDE:**

*Breathing, Voice Placement, Tone, Vowel Work using these well-known vocal techniques:*

##### **Bel Canto Technique**

*Most popular technique in the world.  
It's used to clarify your voice on each  
individual vowel.*

##### **Stanley Technique**

*Proven technique involving vocal  
strengthening and removal of any  
muscular constriction  
using physical manipulation  
and alignment.*

##### **Tomatis Technique**

*A technique based on the idea that hearing is  
the cause of a variety of problems.  
Therapies were designed to alleviate these  
problems.*

##### **Alexander Technique**

*How to get rid of harmful tension in your  
body. With students approval (information  
available on all techniques)  
and some musical work on songs and reading.*

#### **SONG COACHING**

One hour sessions, include:

Song Break-Down & Character Analysis  
Choosing a Proper Keys for YOU  
Voice in Song Work through Movement

#### **“STRAIGHT-UP”**

#### **MUSIC THEORY**

One hour sessions, include:

Music Theory 101: Beginner and Basic leading  
to more advanced study. Learn to read, under-  
stand, and play music.

#### **SIDES DISHES ... FOR SINGERS**

*Sight Reading  
Ear Training  
Theory Beginner*

*Theory Intermediate  
Theory Advanced  
Piano Keyboard*

## **SPEECH LESSONS**

*Enhance your speaking voices with tried and true communications skills*

One hour session

Includes:

Voice & Articulation  
Effective Public Speaking  
Communication Techniques

Accent Reduction  
Vocal Training  
for the Actor/Speaker

## **ACTING LESSONS & COACHING**

One hour session

Includes:

Acting Technique  
Monologue & Scene Work

Staging/Movement  
Acting Styles & Character Analysis

## **MONOLOGUE COACHING**

One hour session:

Includes:

Choosing Characters/Character Work  
Memorization Skills  
Play Analysis  
Editing a Monologue for Auditions

Building Your Monologue Portfolio  
Monologue Coaching:  
Classical — Shakespeare, Marlowe,  
Greeks, Roman, Restoration  
Modern — 20th & 21st Century

## **MOVEMENT WORK**

One hour session

Includes:

Breathing work  
Stretching  
Movement for the Performing Artist  
Movement for the Character  
Movement using  
Alexander — and other — Techniques

## **PLAY & SCREENWRITING**

One two-hour session per week

Includes:

Play Structure

Creating a Vital and Pertinent Plot

Getting Your Work Workshopped

(Plays Workshopped by the M Center go on to be produced  
for the stage by Genesis Rep and filmed by SkaldCraft Pictures)

## **CAREER & AUDITION COACHING**

One hour session

Includes:

YOUR Goals

Building a Resume

An Artist's Portfolio

Manager & Agent Search

Song/Monologue Choices for Auditions

Your Perfect Headshots

Audition Etiquette

Make-Over (Make-Up & Hair)

for Headshots and Career

## **PIANO & GUITAR**

30-minute sessions in

Piano 101 for Beginners

Guitar 101 for Beginners

Advanced Guitar Lessons

## **SIDES DISHES ... FOR ACTORS**

Available for all performers

Sight Reading

Ear Training

Theory Beginner

Theory Intermediate

Theory Advanced

Piano Keyboard

# HEALING & TRANSFORMATION

*Using Sound and Music Healing Techniques*

*Available for all performers as part of lessons.*

*These are available as full sessions for a four-month training course  
or as Sides Dishes and add-ons with other courses  
as additional instruction.*

*(In depth information is available for all these techniques)*

## **TUNING FORKS FOR EAR & NERVOUS SYSTEM**

*Using tuning forks can help the performer find inner peace, freedom from fear,  
heal past trauma around performance and focus the mind.*

## **AROMATHERAPY FOR ILLNESSES, STRENGTH & FEAR ISSUES**

*Using aromatherapy can aid a performer in these issues. Throughout history  
people have used plants to heal and aid in work. Many believe that using  
aromatherapy can strengthen both the immune system and the mind. We are  
certified in aromatherapy oils as medicines.*

## **HERBALISM FOR ILLNESSES, PREVENTION OF ILLNESSES & FEAR ISSUES**

*As with aromatherapy many people have found that using herbs for healing the  
throat, mind and body as well as using herbs to conquer fear and other perfor-  
mance blocks are helpful and have been used for centuries. Herbs as medicine  
can aid a performer in many ways. We are certified herbalists.*

## **REIKI FOR RELAXATION, STRENGTH & FEAR ISSUES**

*Reiki is a system whereby the practitioner lays on hands and brings  
energy to the body, mind and spirit of the recipient. Many say it relaxes them  
and gives them strength to heal and do their work better. Massage of head and  
neck, arms and hands (with cosmetology NYS license): Can be used for those  
that have tightness and restriction in these areas when singing or performing.*

## **REFLEXOLOGY OF THE HANDS OF FEET FOR ALL ILLNESSES, STRENGTHENING & RELAXATION**

*Many believe that the use of gentle pressure on the hands and feet in certain  
areas can open up and add healing energy to various points on the body. As-  
trology work: Astrology has been used for centuries to help people decide where  
to live, when to do certain things and how to work on a career. From Kings to  
Presidents to many movie stars have used this ancient art form. Our expert  
Astrologer can help you in this.*

## **TAROT READINGS**

*Private readings conducted for you by an expert tarot reader can help you see the path you are on more clearly, aid in healing the mind, body and spirit and can be used to clarify decisions about the future.*

## **SHAMANISTIC WORK WITH THE MAGIC APOTHECARY**

*Many find that working within a shamanistic practice aids them as artists and helps feed their creative drive. We do work with soul retrieval, meditation, healing and empowering etc., creating luck and power, strength and more.*

## **CREATION OF AROMATHERAPY ITEMS AND CREATION OF SHAMANIC HEALING ITEMS**

*Used to aid in grounding, meditation and performance we can create one of a kind items which include soaps, lotions, oils, incense, perfumes, inhalers, powders and more to aid you. Each item is tailored for your use and desired outcome. From luck to healing to love to fame and fortune.*

## **TRANCE WORK**

*Includes work with drawing and painting representations of student's musical/mystical journey with their songs and acting work. Aids in the creation of character, opening the channel for creativity and removing blocks to the work. Drumming and using percussion for healing: For centuries mankind has used drums to open the mind and free the body from blockages causing illness and fear. Percussion can free a performer and open you to understanding both yourself and the world around you in a new way.*

## **CHANTING MANTRA CREATING MANTRA USING INSTRUMENTS AND VOICE**

*In many civilizations throughout the world people use Mantra and Chanting to center and ground themselves, find a way to reach the divine and free themselves from blocking fear and worry. Performers can use these techniques to find character, free the voice and strengthen self esteem.*

## **TONING/HUMMING MEDITATION**

*Toning or humming sounds in various formats can aid in grounding, freedom from fear, opening the body and mind to new experiences and even help heal in some cases. For performers this is an indispensable technique used to free and connect to their work on and off stage.*

## **COMPOSITION "THE ASTRAL VOICE"**

*Listening and then singing what one hears with or without instruments can be the beginning of connection to the self, the voice within in its natural state and composition.*

*This is a technique that is invaluable to all who want to create on stage or off.*

*Using the natural voice freedom from restriction and free sound*

## **IMPROV WORK IN MUSIC AND TONE**

*Learn how to improvise in music of any genre, including runs, scat, riffs, etc.*

## **HOURLONG HEALING SESSIONS:**

Reiki Sessions  
Aromatherapy Sessions

Reflexology Sessions  
Astrology Reading  
Tarot Reading

Shamanistic Work  
Meditation Sessions

### **SIDE DISHES:**

**Available for Everyone as**

**FULL SESSIONS or**

**as an ADD-ON**

**These are available as**

**FULL SESSIONS LASTING ONE HOUR**

**or for part of**

**A FOUR-MONTH TRAINING COURSE**

**as SIDES and ADD-ONS**

**with other courses**

**as additional instruction.**

- Make Up & Hair for Headshots
- Resume Creation
- Make-Over: Hair & Make-Up Consultation
- FX Make-Up Instruction  
burns, bruises, latex, bald caps, beards etc.
- Beauty/Fashion Make Up Instruction
- Beauty/Fashion Hair instruction
- Wig creation and styling instruction
- Specialty Make up Instruction  
(Includes Correction)
- Costume Design
- Make-Up Design
- Hair Color/Hair Cut Service
- Facial Service
- Massage Service  
(head, neck, arms, hands, legs and feet only)