



## *Transcript*

### **Erica Tobolski - Working Outside In**

**Tobolski:** I'm very freed up and get inspired by the sort of idea about working outside in, um, and that is, you know, finding, um, maybe a picture or, um, an animal image. I've been working with Titania with, uh, the idea of a cat, and in the spine, um, feeling...'cause...because cats are so flexible and, um, can move in such graceful ways. Um, so I...that's, that's the image I'm working with her, um, or on with her. Um, because I think that, you know, it takes it out of the sort of psychological reason why somebody is doing something and gives you a way in that, that, that gets you out of your head.

Um, I think what I do—and a lot of actors do—is they sort of trade back and forth between those things, so that you start moving in a particular way and that's going to start you thinking in a different kind of way. So suddenly my thoughts are changing because of the way I'm moving, and so that's a psychological aspect of it.

*End of video.*