

September, 28-29, 2019

Bartenieff Fundamentals

Company: Moving for Life

Venue: Studio 55C

Location: New York, NY

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Two-Day Workshop

September 28 & 29 - 10:30-5:30pm

Studio 55C

Bartenieff Fundamentals (with Martha Eddy and Ana Leon Bella) Learn and move a history of Irmgard Bartenieff, with biography, movement themes, fundamental principles, related concepts, basic connections and coordination, and The Basic Six exercises. Themes such as mobility/stability and function/expression mingle with principles of dynamic alignment, sequencing and spatial intent, creating more efficient patterns from the inside out. Working with breath, movement, sound and gentle hands-on application, you'll discover how this work can be practiced and applied to working with different populations, particularly in the context of teaching group classes.

This coursework is part of four workshops for the Moving for Life Certified Instructor training program which can be taken by anyone, and can also count as credit toward becoming a Certified Teacher of BodyMind Dancing, and/or Dynamic Embodiment Practitioner. Based on Martha Eddy's somatic movement work, the courses take a Dynamic Embodiment (DE) approach to Bartenieff Fundamentals, Laban Movement Analysis and Body-Mind Centering® Embodied Physiology/Body Systems and Neuro-Motor Development. Classes are designed to help instructors become exquisitely attentive and adaptive to the needs of diverse students – people with a range of illnesses, ages and movement backgrounds. Discount available for taking all four.

Moving for Life
55 Avenue C
New York, NY, 10009
2122221351

<https://www.eventbrite.com/e/bartenieff-fundamentals-tickets-60317037884>

Schedule

September 28, 2019: 10:30am

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