

October 23 - December 11, 2017

BodyMind Dancing™

Company: Movement Research
Venue: Eden's Expressway
Location: New York, NY

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[BodyMind Dancing™](#)

September 11, 2017 – February 26, 2018*

MON 6:15-7:30pm

Eden's Expressway

\$10

BodyMind Dancing™ is a somatic experience of anatomical gems and pleasurable dancing woven with improvisational structures and follow-along phrases. It is based in Dynamic Embodiment™, Dr. Eddy's combo of Laban/Bartenieff studies and Body-Mind Centering®. It includes individual, partner and group interplay that supports prowess and health by increasing body awareness. Release tension while you explore dynamic movement! Dancing rejuvenates!

[Martha Eddy](#), CMA, RSMT, EdD, was among the first to teach a somatic approach to dance beginning in the 1980s. BodyMind Dancing grows out of Dynamic Embodiment- her form of Somatic Movement Education and Therapy, combining knowledge from her direct studies with Irmgard Bartenieff (Laban/Bartenieff Movement Studies) and Bonnie Bainbridge Cohen (Body-Mind Centering®). She has recently published *Mindful Movement - The Evolution of the Somatic Arts and Conscious Action* which speaks to somatic approaches to dance, health, education and social justice.

*No Class December 18 – January 8

Movement Research
537 Broadway 4th Fl
New York, NY, 10012
<https://movementresearch.org/event/6357>

Schedule
October 23, 2017: 6:15pm
October 30, 2017: 6:15pm
November 6, 2017: 6:15pm
November 13, 2017: 6:15pm
November 20, 2017: 6:15pm
[more](#)

[< back](#)

[previous listing](#) • [next listing](#)