

Saturday, October 3, 2015

Dancing with the How: An Experiential Inquiry into Virtuosity and Technique

Company: The Feldenkrais Foundation
Venue: The Feldenkrais Institute of New York
Location: New York, NY

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Kaethe Zemach-Bersin

Saturday, October 3

Dancing with the How
An Experiential Inquiry into Virtuosity and Technique
with Belinda He
2pm - 5 pm

Dancers hone their skills, relentlessly, in order to perform at a high level. This Feldenkrais workshop for professional dancers will demonstrate how the continuous pursuit of excellence can be refined by the development of ease, nuance and attentive listening to the whole self, both in movement and at rest. Using Feldenkrais Awareness Through Movement lessons as the what, Belinda He invites dancers to investigate how to harness and integrate the forces coming from the floor through the musculo-skeletal and myofascial structures for precise and virtuosic dancing.

Join us to:

- Clarify your definitions of 'virtuosity' and 'training'
- Embody the lucidity that becomes available when your physical practice is anchored by the question 'How am I doing this?'
- Discover your habitual strategies when encountering challenging movement, and enhance your movement potential by learning new possibilities
- Experience the functional use of your body and practice attending to the 'how'

This workshop is for experienced and professional dancers.

Belinda He is a dancer, rehearsal director for Anneke Hansen Dance, and a Feldenkrais Practitioner at the Feldenkrais Institute of New York.

"As a professional dancer, I have benefited greatly from Belinda's work. By the end of class, it's as if I am already dancing, without ambition or effort. She has a unique understanding of dance and the intensity of what is required of a dancer's body." ~ Annie Rigney, dancer; currently in 'Sleep No More'

The Feldenkrais Foundation
134 West 26th Street, 2nd Floor
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<http://feldenkraissfoundation.org/programs/workshops/dancing-with-the-how-an-experiential-inquiry-into-virtuosity-and-technique-with-belinda-he/>

Schedule
October 3, 2015: 2:00pm

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