

Wednesday, September 7, 2016 - Wednesday, February 22, 2017

## Feldenkrais®

Company: Movement Research  
Venue: Gibney Dance  
Location: New York City, NY

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Daim Lee

Feldenkrais®

September 7 – February 22

WED 12:30-2pm

Gibney 280

\$14

No class December 28

### Teacher Schedule:

September [Tasha Taylor](#) | October [Rebecca Davis](#) | November [Tasha Taylor](#) | December [Antonio Ramos](#) | January Antonio Ramos | February [Rebecca Davis](#)

The Feldenkrais Method® studies the works of our nervous system and our ability to recognize and create movement patterns that are both more efficient and more pleasant. The method emphasizes awareness, distribution of effort/action through the whole self, expanding self-perception and our ability to carry out our intentions. This class is ideal for dancers and people from different backgrounds interested in discovering more about their physicality in a pain-free way and enjoying a larger sense of well-being.

Rebecca Davis is a choreographer and Feldenkrais® practitioner. She was a 2010-2012 Movement Research Artist-in-Residence. She is currently enrolled in the Internal Organization and Profound Strength postgraduate Feldenkrais® training program with Jeff Haller, and developing a new piece that will premiere at the Chocolate Factory. [www.rdavisprojects.com](http://www.rdavisprojects.com)

Antonio Ramos, of Puerto Rico, has performed with choreographers such as Mark Dendy, Neil Greenberg, Stephen Petronio, Merián Soto and Donna Uchizono, among others. Antonio has been an Artist-in-Residence at El Museo del Barrio 2011-12, a 2011-12 National Association of Latino Arts and Cultures Award Recipient, and a 2014 Movement Research Artist-in-Residence. Antonio is also a Licensed Massage Therapist, Zero Balancing Practitioner, Watsu Practitioner, and a professional teacher of Awareness Through Movement and Functional Integration from The Feldenkrais Method®.

Tasha Taylor, a Feldenkrais® practitioner, works with performing artists to elicit their capacity for more potent self expression. As a dancer, Tasha performed with many choreographers including Steve Gross, Dean Moss, Lynn Shapiro and RoseAnne Spradlin, receiving a "Bessie" in 2003. Tasha believes that the Feldenkrais Method® is a beautiful and wondrous approach to self-learning, which leads to the bypassing of seemingly invariable interferences that often hinder our growth.

\$14

<https://movementresearch.org/classes>

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