

Wednesday, July 31, 2019

Intro to Dynamic Embodiment: The Spark behind Moving for Life

Company: Moving for Life/Studio 55C

Venue: Studio 55C

Location: New York, NY

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Moving for Life

MOVING FOR LIFE DanceExercise for Health® is dedicated to helping people challenged by cancer and other illnesses, such as obesity or diabetes, through free and low-cost dance exercise classes offered at hospitals, health and wellness centers, libraries and other community-based sites. Our methods are supported by research that confirms engagement in therapeutic dance as a means to improve quality of life, speed up recovery time, enhance survivorship, and reduce the chances of recurrence.

Join Sherry Greenspan for this very special Introduction to Dynamic Embodiment as it relates to Moving for Life. Experience embodied practices, explore somatic movement modalities, and get an overview of the Moving for Life Certified Instructor (MFLCI) training program. Understand the underlying theories of Moving for Life, including Embodied Physiology/Body Systems, Neuro-Motor Development, Laban Movement Analysis, and Bartenieff Fundamentals, and how they apply to Moving for Life classes, aging populations and those impacted by cancer treatment.

In addition to the embodied movement workshop, learn about becoming part of the MFLCI community and how courses and requirements can be fulfilled in NYC and other off-site locations. Get to know a compassionate, creative and scientifically-savvy movement team!

Find out details about the full Moving For Life Certified Instructor Training program: <http://movingforlife.org/instructor-training.htm>

About Sherry: Sherry Greenspan, RSMT, DEP, MFLI is a Registered Somatic Movement Therapist and Educator (ISMETA), Certified Pilates Practitioner, Yoga, Dynamic Embodiment Practitioner, Moving for Life Instructor and dance teacher as well as a dancer/ choreographer/ vocalist. "I passionately share this work, offer resources, options and support where I can.

Moving for Life/Studio 55C

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<https://www.eventbrite.com/e/intro-to-dynamic-embodiment-the-spark-behind-moving-for-life-tickets-62010611408?aff=eac2>

Schedule

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