

November 7 - December 19, 2018

## Topf Technique/Dynamic Anatomy®

Company: Movement Research  
Venue: MR@Gibney 280 Broadway  
Location: New York, NY

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Photo by Ian Douglas

### [Topf Technique/Dynamic Anatomy®](#)

November 7 - December 19

WED 10am-12pm

MR@Gibney 280 Broadway

The Topf Technique® is a practice of embodiment. Through the experiential study of anatomical imagery we deepen perception and sensation of the body. By mapping and reimagining the body we find clear moving pathways, new relationships to space, greater expression and creativity. The process centers and refines our movement organization.

[Jaime Ortega](#) is a movement based artist, therapist and educator. He has explored a variety of approaches to movement for the last 40 years. His main influences have been the study of Ideokinesis with Nancy Topf and Andre Bernard; and the practice of yoga in the Viniyoga tradition.

Movement Research  
280 Broadway (Enter at 53A Chambers Street)  
New York, NY, 10007  
2125980551

Schedule  
November 7, 2018: 10:00pm  
November 14, 2018: 10:00pm  
November 21, 2018: 10:00pm  
November 28, 2018: 10:00pm  
December 5, 2018: 10:00pm

[more](#)

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