

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

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