Wednesday, September 11, 2019 - Wednesday, February 26, 2020

Topf Technique/Dynamic Anatomy®

Company: Movement Research
Venue: Movement Research, 122 Community Center
Location: New York, NY

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Ian Douglas

TOPF TECHNIQUE/DYNAMIC ANATOMY® WITH JAIME ORTEGA

WED 10am-12pm

Movement Research, 122 Community Center

150 1st Ave, Courtyard Studio

The Topf Technique/Dynamic Anatomy® provides pathways into deeper perception, heightened awareness and expanded movement possibilities for dancers and movers of all genres and abilities. Also known as 'Experiential Anatomy', the Topf Technique/Dynamic Anatomy® guides students to explore physical expression and creativity while finding new relationships with both inner and outer space. Using visuals, touch, breath, specific sequences and improvisation to trigger imagination, the class helps students reimagine 'the body' and uncover new pathways to movement that is highly personal, deeply grounded, centered and refined. Highly recommended for anyone wanting to understand the anatomy underlying their primary dance or other movement techniques, gain a deeper understanding of their own movement preferences, work through pain/stiffness/injury, or expand their options for generating choreography and building their unique movement vocabulary.

ABOUT JAIME ORTEGA:

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.

Accessibility: Movement Research, 122 Community Center is an accessible space. Studios are wheelchair accessible. The second floor office is accessible by elevator. Restrooms are wheelchair accessible and are all gender. Please contact Julienne Rencher, juliennerencher@movementresearch.org or (212) 598-0551 (voice only) for further access requests or questions.

***All classes are subject to change. For the most up-to-date information, please consult the Movement Research calendar:* https://movementresearch.org/calendar.

Movement Research
150 FIRST AVE Courtyard Studio
New York, NY, 10009
2125980551

Schedule
September 11, 2019: 10:00am
September 18, 2019: 10:00am
September 25, 2019: 10:00am
October 2, 2019: 10:00am
October 9, 2019: 10:00am
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