February 5 - June 18, 2018

BodyMind Dancing™

Company: Movement Research
Venue: MR@Eden's Expressway
Location: New York, NY

BodyMind Dancing™ with Martha Eddy

February 5-June 18

MON 6:15-7:30pm

MR@Eden's Expressway

$10

BodyMind Dancing™ is a somatic experience of anatomical gems and pleasurable dancing woven with improvisational structures and follow-along phrases. It is based in Dynamic Embodiment™, Dr. Eddy's combo of Laban/Bartenieff studies and Body-Mind Centering®. It includes individual, partner and group interplay that supports prowess and health by increasing body awareness. Release tension while you explore dynamic movement! Dancing rejuvenates!

Martha Eddy, CMA, RSMT, EdD, was among the first to teach a somatic approach to dance beginning in the 1980s. BodyMind Dancing grows out of Dynamic Embodiment- her form of Somatic Movement Education and Therapy, combining knowledge from her direct studies with Irmgard Bartenieff (Laban/Bartenieff Movement Studies) and Bonnie Bainbridge Cohen (Body-Mind Centering®). She has recently published Mindful Movement - The Evolution of the Somatic Arts and Conscious Action which speaks to somatic approaches to dance, health, education and social justice.

Movement Research
537 Broadway 4th Floor
New York, NY, 10012
2125980551
https://movementresearch.org/event/7936

Schedule
February 5, 2018: 6:15pm
February 12, 2018: 6:15pm
February 19, 2018: 6:15pm
February 26, 2018: 6:15pm
March 5, 2018: 6:15pm
more