Monday, September 9, 2019 - Monday, February 24, 2020

BodyMind Dancing™

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

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courtesy of the artist

BODYMIND DANCING™ WITH MARTHA EDDY

MON 10:30-11:45am

Eden's Expressway

537 Broadway, 4th Fl

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!

ABOUT MARTHA EDDY:

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 Actionwhich speaks to somatic approaches to dance, health, education and social justice.

Accessibility: Please contact Julienne Rencher, juliennerencher@movementresearch.org or (212) 598-0551 (voice only) for 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
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Schedule
September 9, 2019: 10:30am
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