March 13 - December 25, 2019

BodyMind Dancing with Dr. Martha Eddy, CMA

Company: Studio 55C
Venue: Studio 55C
Location: New York, NY

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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 partner work that supports technical development by increasing body awareness. Release tension while you explore dynamic movement! Dancing together rejuvenates!

$20 - Wednesdays 6:00-7:00pm

Studio 55C

RSVP to bodyminddancingoffice@gmail.com

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.

Studio 55C
55 Avenue C South Storefront
New York, NY, 10009
2122221351

Schedule
March 13, 2019: 6:00pm
March 20, 2019: 6:00pm
March 27, 2019: 6:00pm
April 3, 2019: 6:00pm
April 10, 2019: 6:00pm
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