

February 8 - June 20, 2016

BodyMind Dancing™ with Martha Eddy

Company: Movement Research

Venue: Eden's Expressway

Location: New York, NY

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Photo courtesy of the artist

BodyMind Dancing™ with Martha Eddy and guest BMD teachers

February 8 – June 20

MON 6-7:15pm

Eden's Expressway, 537 Broadway

\$10

No class May 30

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!

Martha Eddy, CMA, RSMT, EdD, teaches somatic approaches to dance at major festivals and universities around the world. Dr. Eddy created BodyMind Dancing™ in 1986 and Dynamic Embodiment in 1990, combining knowledge from her direct studies with Irmgard Bartenieff (Laban/Bartenieff Movement Studies) and Bonnie Bainbridge Cohen (Body-Mind Centering®). www.DynamicEmbodiment.org

Movement Research
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\$14

Schedule
February 2, 2016: 8:00pm

[< back](#)

[previous listing](#) • [next listing](#)