

Monday, September 12, 2016 - Monday, February 27, 2017

BodyMind Dancing™ with Martha Eddy

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

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BodyMind Dancing™ with Martha Eddy and guest BMD teachers

September 12 – February 27

MON 6:15-7:30pm

Eden's Expressway

No class December 26 & January 2

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

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
537 Broadway 4th Floor
New York City, NY, 10012
\$10

<https://movementresearch.org/event/1634>

Schedule
August 25, 2016: 8:00pm

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