

September 17 - November 19, 2016

Klein Technique w/ Barbara Mahler

Company: Brooklyn Studios for Dance
Venue: Brooklyn Studios for Dance
Location: Brooklyn, NY

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Klein Technique w/ Barbara Mahler - \$14
Saturdays, 11:30am - 1pm // 17-Sep thru 19-Nov

Klein Technique as taught by Barbara Mahler is a cohesive integration of body and mind, based on the principles of change, possibilities and a better functioning body. It is a technique grounded in the principles that what helps us move and function at our optimum efficiency are simple ideas, exercises and practice, the demands being the same in dance as everyday life. It's principles go beyond aesthetic viewpoints. It is a technique that provides strong and grounding underpinnings for all types of movement. The work done in class is to re-educate the body with an interweaving of theory and practice on a physical level, at the level of the bone and the deep internal musculature and supportive connections that move, and ground us - between the pelvis, the legs and the earth and back up to the skull. The result - a clarity and sureness of movement efficiency, fluidity and a new level of understanding the innate intelligence of one's body. With these teachings we come closer to realizing who we are as movers - as individuals; unique in our creativity, our movement, our being.

Open to all levels of movers.

Barbara Mahler is a long-standing and active member of the New York City dance community as a choreographer, performer, movement educator, body worker; a major contributor in the development and outreach of Klein Technique and was the Assistant Director of the Klein School of Dance from 1980-2001, and the Klein-Mahler School of Dance and Movement Studies 2001-2004. She was known as the "motor" of the school, to quote Dianne Madden. She is the current rehearsal director of the Trisha Brown Dance Company. Since 2004, Barbara has been an ongoing faculty member with Movement Research, and The Staten Scenekunst Skole in Copenhagen, Denmark, as well as teaching at various studios, colleges and festivals in the greater NY area, across the US and abroad.

Brooklyn Studios for Dance
210 Lafayette Avenue
Brooklyn, NY, 11238
<http://bksd.org/event/klein-technique-with-barbara-mahler-2/2016-09-17/>

Schedule
September 17, 2016: 11:30am

[< back](#)

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