

August, 8-12, 2016

## MELT: Klein Technique with Barbara Mahler

Company: Movement Research

Venue: Danspace Project

Location: NYC, NY

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Julie Lemberger

Barbara Mahler

August 8-12

Mon Tue Wed Thu Fri

10am - 12pm \$125

Danspace Project

### MELT: Klein Technique with Barbara Mahler

Klein Technique™ has been in development since the mid 70s by Susan Klein, originally a response to the formal training of dancers during that time. Through its development, it has grown into a cohesive movement system that connects the body and mind. It is firmly grounded in the principles of change, possibilities, and efficiency through the tools of process, theory and practice. We work on "letting go," letting go of muscles, thoughts and habits that hold us back from moving in our own unique way, or that fix us in set configurations. As movers we learn to be articulate, clear, and self-knowing, connected and grounded, efficient and alive.

[Register here.](#)

Movement Research  
131 E 10th St.  
NYC, NY, 10003  
\$125

#### Schedule

August 8, 2016: 10:00am  
August 9, 2016: 10:00am  
August 10, 2016: 10:00am  
August 11, 2016: 10:00am  
August 12, 2016: 10:00am

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