

## FOR AUDIENCES

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Thursday, August 1, 2019

### Embodied Physiology: Moving through the Body Systems

Company: Moving for Life/Studio 55C

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Venue: Studio 55C

Location: New York, NY



Moving for Life

Two-Day Workshop  
August 1 & 2 - 10:30-5:30pm  
Studio 55C

Body Systems/Embodied Physiology (with Dana Davison and Lissa Michalak) Experience the anatomy of your physiology first-hand with 12 hours detailing the six body systems as outlined by Body-Mind Centering®. Journey somatically through the bones, muscles, organs, fluids, glands and nervous system, discovering how to initiate movement from each system and feeling how each system represents different qualities of movement. Understand how these systems influence movement dynamics and health. By the end, you will know your body in a whole new way, with visuals, handouts and exercises utilizing breath, sound, touch and movement.

This coursework is part of four workshops for the Moving for Life Certified Instructor training program which can be taken by anyone and can also count as credit toward becoming a Certified Teacher of BodyMind Dancing, and/or Dynamic Embodiment Practitioner. Based on Martha Eddy's somatic movement work, the courses take a Dynamic Embodiment (DE) approach to Bartenieff Fundamentals, Laban Movement Analysis and Body-Mind Centering® Embodied Physiology/Body Systems and Neuro-Motor Development. Classes are designed to help instructors become exquisitely attentive and adaptive to the needs of diverse students – people with a range of illnesses, ages and movement backgrounds. Discount available for taking all four.

Moving for Life/Studio 55C  
55 Avenue C  
New York, NY, 10009  
2122221351  
<https://www.eventbrite.com/e/embodied-physiology-moving->

Schedule  
August 1, 2019: 10:30am

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