

BodyMind Dancing™

With Martha Eddy, Ed.D, CMA, RSMT and Sherry Greenspan



AT THE BRIDGE FOR DANCE

2726 Broadway (between 104th and 105th St)

New York, NY 10027

718.812.1225

www.bridgefordance.com

Class cards may be used.

BodyMind Dancing® Thursdays 9:30 – 11AM Martha Eddy or Sherry Greenspan

BodyMind Dancing is an easygoing & pleasurable dance experience full of anatomical gems that strengthen body connections and support creativity. We use music from around the world, Eddy's dance phrases, and improvisation to explore the internal world, revealing it externally.

Martha Eddy's system of Dance Training combines movement principles about the alive, healthy, and expressive body (drawing from Laban Movement Analysis – the concepts of renaissance thinker Rudolf Laban, Bartenieff Fundamentals – the dynamic alignment work of physical therapist/dance therapist, Irmgard Bartenieff, and BodyMind Centering – the experiential anatomy and developmental movement of occupational therapist Bonnie Bainbridge Cohen).

Martha Eddy is a dance educator, an exercise physiologist, educational consultant, and Registered Somatic Movement Therapist who is in private practice in NYC (Integrative Pediatrics and Riverside Church Wellness Center). She studied directly with Bonnie Bainbridge Cohen and Irmgard Bartenieff, beginning in the 1970s and was on the certification program faculty for both the School for Body-Mind Centering and the Laban/Bartenieff Institute of Movement Studies from 1984 -1994. She founded BodyMind Dancing™ in 1990 and her Somatic Movement Therapy Training (SMTT™) in 1992. Martha teaches regularly at Moving On Center in Oakland CA, which she co-founded in 1995 with Carol Swann, where her SMTT curriculum is taught as well as here in NYC. Eddy is particularly known for somatic-movement-based contributions in the fields of dance, dance science, performance, conflict resolution, perceptual-motor assessment, and vision enhancement. She completed her doctorate in Movement Sciences and Education at Columbia University where she was on the faculty of the Dance and Dance Education Program for over ten years. She began performing her own choreography when she was eight years old at the 92nd St Y and is delighted to serve on the faculty of the Dance Education Laboratory there each spring teaching Conflict Resolution through Movement and Dance. She has also taught on other university departments around the nation and at dance studios and festivals internationally. She now practices two days a week at Integrative Pediatrics on West 14th Street and also teaches regularly at Movements Afoot. She is writing "The Dance of Somatic Education" for Dance and Movement Press.

Sherry Greenspan is a dancer/choreographer/movement educator as well as a Certified Pilates practitioner who has been performing (with her own ensemble and with others) in New York City and Philadelphia areas for 15 years. She currently sees clients as a Movement Educator/Therapist as well as teaching at the 92nd Street Y and The JCC. In addition to studying many dance techniques as well as yoga she is completing her Somatic Movement Therapy certification with Martha Eddy.

“Use your mind to awaken your body
Move your body to sharpen your mind” MHE

