



**MOVING ON CENTER**  
**SCHOOL OF PARTICIPATORY**  
**ARTS AND SOMATIC RESEARCH**  
*DYNAMIC EMBODIMENT*

49 W. 27<sup>th</sup> St. NY, NY 10001  
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***Applying Somatic Movement Concepts in Yoga, Pilates, Dance or  
any Classroom***

*Enliven your Teaching w BodyMind Awareness and Movement*

Sundays: Feb 21 and 28: 1:30-7:30pm

**Learn a somatic approach to well-being. Experience how to use functional and expressive elements in your teaching.**

- Learn to observe your students more carefully
- Gain tools for instant assessment and ideas for interventions
- Better understand how the body works
- Learn practical hands-on tips for helping your students

Conceived of by **Martha Eddy**, CMA, RSMT, Teacher of Body-Mind Centering®  
Taught by **Maryse Jacobs**, CMA with Sherry Greenspan, DE-SMTT

*Feb 21: Applying Movement concepts using LMA*  
*Feb 28: Applying Movement Concepts: Bartenieff*  
*\$175 per day, \$325 for both. Reserve a space today!*

**Laban Movement Analysis (LMA)** is a reliable system of qualitative movement analysis developed by Rudolph Laban and expanded upon by Irmgard Bartenieff. The class focuses on experiencing and perceiving movement behavior by analyzing how the body moves in space with different qualities of movement and identifying the basic elemental building blocks to all movement. Participants will practice seeing movement components and then using a clear language for speaking about movement.

**Bartenieff Fundamentals of Movement** deepens your knowledge of movement efficiency. Irmgard Bartenieff's theories of movement efficiency, human non-verbal expression, and neuro-developmental will be discussed, practiced, and related to students' interests in human behavior. Physical practice of skills such as breath support, dynamic alignment, core support, and efficient weight shifts are also related to diverse cultural contexts. Students will use their own body awareness to observe human movement organization in others and find the meaning of efficient or inefficient human movement organization in different fields related to their own areas of interest and research.

Our July intensives cover the same material and more. We also have another series in April for professionals with a background in LMA/BF and/or BMC.

Please call or email to RSVP.

Dynamic Embodiment—Somatic Therapy Training  
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