

Feel more at home in your body with

Movement

2009 Ease of Movement Classes

Bartenieff Fundamentals

Bartenieff Fundamentals are gentle patterns to enliven the whole body with breathing, grounding and developmental sequences. BF enhances your movement quality and co-ordination, and helps balance, mobility, stability and recuperation. Body, mind and emotion are playfully explored with rhythms, energies and movement scales.

Arts a la Carte

Tuesdays 9 – 10:30 am, January 27–April 28, 2009

12 classes, \$120 or \$15/class drop in (no class Feb 10, March 17)

408 1st Ave, in Coralville (behind Brueggers)

The Center

Fridays 9 – 10:30 am, March 6 – May 1, 2009

8 classes, \$80 or \$12/class drop-in (no class March 29)

The Iowa City Senior Center, 28 S. Linn St.



Adult Ballet

Fridays (by registration only)

Come learn an organic Ballet technique taught at the Juilliard School by the Corvinos, focusing on healthy, joyful, expressive classical dance. Attention is given to musicality, weight transfer, placement and dynamics. There are many levels for each exercise, so beginners and experienced dancers can enjoy the same class.

to register, call Rachelle at (319) 621-1803 or e-mail Tsachor at mchsi.com

Rachelle Palnick Tsachor (BFA, Juilliard; MA in Dance/Movement Research, CUNY; NCTMB) is a Certified Movement Analyst and Registered Somatic Movement Therapist specializing in Laban and the Alexander Technique. She has taught at CUNY, Grinnell College.

Rachelle currently serves on Movement Faculty at the University of Iowa and the Laban/Bartenieff Institute of Movement Studies in New York City.

Movement Education and Therapy

at 720 South Dubuque Street

Individual Movement Sessions

Movement Education & Therapy supports adult wellness goals in recuperation from injury, repetitive strain, chronic conditions, stress and pain. It promotes awareness, expression and body/mind integration. Sessions include breathing, gentle touch, movement and visualization.

Children with developmental concerns such as physical movement, coordination, attention, learning or behavior needs and the autism spectrum can be supported with Somatic Movement Therapy.

Performance Coaching

The Alexander Technique and Laban Movement Analysis support performance goals for musicians, dancers, athletes and others working with highly skilled movement. They are also helpful for prevention and recuperation from repetitive stress and use-related injuries.

Individual or group sessions available.

Somatic Movement Therapy uses gentle touch, visual imagery, and movement patterning to gain insight into the body-mind connection, enhance wellness and support expression. Clients improve fluid coordination, range of motion, balance, mobility and stability and develop their ability to identify and change patterns that restrict function or contribute to chronic conditions.

Laban Movement Analysis is a comprehensive system of observing, understanding and exploring the scope of human movement. Each person combines movement factors in unique rhythms expressive of personal, artistic or cultural style. By identifying our dominant movement factors, we can more easily change stress patterns to expand functional and expressive range.

The Alexander Technique is a simple and effective method for improving "the use of self." Students of AT become aware of habitual use of their bodies and use conscious choice to change restrictive habits..

Rudolf Laban (1879-1958) was a pioneer in the field of movement practice, research and education. His work has been expanded by many others into the fields of wellness, the arts, cultural study, therapy, fitness, communications, and animation.

Irmgard Bartenieff (1899-1981) was the brilliant physical therapist who first applied Laban's work developmentally and therapeutically.

To learn more about:

Rachelle Palnick Tsachor

uiowa.edu/~music/bios/MVMTsachor.htm
<http://home.mchsi.com/~movement/>

Laban Movement Studies: limsonline.org/

Alexander Technique: ati-net.com

Somatic Movement Ed. and Therapy
ismeta.org/ movingoncenter.org/SMTT.htm

Corvino Ballet Technique

<http://www.corvinoballet.org/212.html>

Arts a la Carte www.artsalacarteic.org/



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