

# Feldenkrais + Dance = ?

Wednesdays, August 18<sup>th</sup> and 25<sup>th</sup>: 9AM - 12:30PM

Saturdays, August 21<sup>st</sup> and 28<sup>th</sup>: 12PM - 3PM

COST \$100 (\$85 for early registration before 7/1/2010)

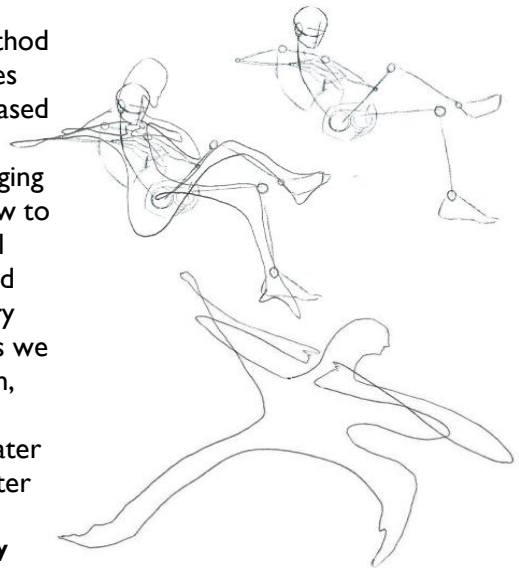
w i t h

## MARY ARMENTROUT

## and NINA HAFT

Nina Haft and Mary Armentrout team up to co-teach a summer intensive workshop! Join us as we explore how the Feldenkrais Method can support your contemporary dance technique. Nina Haft teaches contemporary dance drawing upon aspects of Limon and Release-based techniques, Bartenieff Fundamentals, and martial arts. Mary Armentrout is a practitioner of the Feldenkrais Method, a wide ranging system for understanding how human beings function, and learn how to learn. Using the body as our primary laboratory, Nina and Mary will interweave elements of these two approaches to deconstructing and re-imagining the body in motion. Together we will explore how very subtle changes can fundamentally alter and refine all the movements we do. Enhance awareness, release inefficient patterns, tension and pain, and increase your sense of flow as a mover. This is a wonderful opportunity for advanced dancers working in any style to bring greater felt understanding of how their body is constructed, as well as greater ease and articulation, into the execution of their movements.

**\*Prior Feldenkrais experience is a plus, if not please speak with Mary**



**NINA HAFT** is Artistic Director of Nina Haft & Company, an ensemble of dancers, musicians and designers that engages in kinesthetic inquiries of the heart and mind. Her choreography has been profiled in Dance Magazine and supported by the Djerassi Resident Artist Program, Margaret Jenkins' CHIME program, the City of Oakland, the California Arts Council and the Zellerbach Family Foundation among other arts organizations. Nina Haft & Company is also known for the Dance in Unexpected Places Series, presenting site-specific performances in dockyards, synagogues, libraries, bars, government buildings, parking spaces and historic Mountain View Cemetery. She is currently an Assistant Professor of Dance at California State University, East Bay, and on faculty at Shawl-Anderson Dance Center in Berkeley.

**MARY ARMENTROUT** is the director of the Mary Armentrout Dance Theater and creates performance installations, incorporating elements of theater, voice, video, and visual arts, as well as movement of many varieties, in her work. Her work has been seen at many Bay Area venues including ODC Theater, the LAB, and Yerba Buena Center for the Arts. She has also taught movement and dance of many varieties to people from age 4 to age 60+, for the last 25 years. Her understanding of movement and the human body is informed by her study of Cunningham, Limon, Release, Contact Improv, Corvino ballet, Butoh, Aikido, Authentic Movement, Alexander, Mahler-Klein, and of course Feldenkrais. She is pursuing her certification in the Feldenkrais Method and is thrilled to start envisioning and embodying a Feldenkrais practice designed specifically for dancers and movers.

**SHAWL-ANDERSON DANCE CENTER** provides Bay Area dance students of all ages and levels with high caliber training in both contemporary and traditional movement forms in a welcoming, non-competitive environment. The Center is a non-profit organization founded in 1958 by Frank Shawl and Victor Anderson and is committed to nurturing and mentoring the growth of dancers and choreographers; cultivating a healthy and supportive atmosphere for creative expression; sustaining traditions essential to excellence in the field; and fostering the evolution of the art of dance.



**TO REGISTER**, complete the form below and return it to the Center with your **NON-REFUNDABLE** payment of \$100. Early registration (\$85) is recommended as space is limited. Participants must pay for the entire workshop.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Return in person or mail with **non-refundable** payment to:

**Shawl-Anderson Dance Center • 2704 Alcatraz Ave • Berkeley, CA 94705**

(510) 654-5921 [www.shawl-anderson.org](http://www.shawl-anderson.org)