



*An Experiential Inquiry into
Virtuosity and Technique*

Dancing with the How

with Belinda He

Saturday, March 18 • 2:00-5:00 pm

This workshop is for experienced and professional dancers.

Dancers continually hone their skills to perform at a high level. The *Feldenkrais Method* can help. This workshop supports your pursuit of excellence by helping you to develop greater ease, nuance and attentive listening to your whole self in both movement and rest. Using *Feldenkrais Awareness Through Movement* lessons as the what, Belinda He invites dancers to investigate the how, harnessing and integrating the forces coming from the floor for precise and virtuosic dancing.

Join us to explore the lucidity that becomes available when you are anchored by the question: **How am I doing this?** Investigate your habitual patterns when encountering challenging movements, and enhance your potential with new possibilities and strategies. Experience the functional use of your body, and enjoy an opportunity to attend to the how.

"As a professional dancer, I have benefited greatly from Belinda's work. By the end of class, it's as if I am already dancing, without ambition or effort. She has a unique understanding of dance and the intensity of what is required of a dancer's body."

– Annie Rigney, dancer

Pre-Registration: **\$35** • Day of Event: **\$45**

Performing Arts Workshop Sponsored by the *Feldenkrais* Foundation

Photo: Movement Number 3, oil painting by Shen Wei, 2005-2006.



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