

Figure 8.8 Attune and Discover Using BodyMind Dancing©

<i>Somatic Skills=&gt;</i>	Breathe	3-D Space	Slow down to Feel	Release Tension	Novel Mvmt
<i>Common Dance Concerns =&gt;</i>	Coordination	ROM	Balance	Facile Expression	Motivation
Dance Somatics: <b>BARRE =&gt;</b>	<b>Breathing:</b> to enhance <i>coordination</i>	<b>Aligning:</b> in <u>three-</u> <u>dimensions</u> for <i>ROM &amp; balance</i>	<b>Relating: to</b> self & others by <u>slowing</u> <u>down to find</u> <i>balance</i> and body-mind health	<b>Reflecting:</b> on how you ingest somatic info such as working with gravity to <u>release</u> <u>tension</u> , aspringboard for <i>facile</i> <i>dancing</i>	<b>Expecting:</b> reasonably to <i>motivate</i> <u>novel</u> movement & a lifetime of dance
ACTIVITIES FOR TECHNIQUE CLASS  Generally	Breathe with sound: Place hands-on different parts of rib cage Front/back: “ooo” Up/down: “ahh” Right/left: “eee”;	Developmental Spinal Roll Downs (down & up sequence with plies)./  Big X in	Slow down before, during or after class to check-in: What do I want now?	Discussions &/or writing about your experience of: Plies/relevés in all planes/	Do seated phrase standing or as a transition from low to middle to

from BodyMind Dancing© A dance training that draws on Bartenieff Fundamentals, BodyMind Centering, Laban Movement Analysis and their synthesis –Dynamic Embodiment unless otherwise noted	Continue now with matched gestures of legs or arms in 3 planes; now add shaping of torso./ Yielding into each side of the body before activating spinal/trunk or gestural movement; Coordinate breath with whole body expanding and condensing as a preparation for using yield-push reach- pull in doing Eddy’s ‘Developmental plies’./	standing – prepare for tendus or adagio by aligning and then de- stablizing the global, proximal joints in relationship to each other to free hips and arms./	What helps me balance?/ Up against the wall check-in followed by testing balance in different positions with varying music and dynamics./	dimensions; Hackney weight shifts & Bala S’s (LMA) tendus through full kinesphere./ Diagonals scale w varying fluid rhythms./ BMD Floor barre axis scale battements to standing phrase./	high level (e.g., Eddy’s Axis Scale Level change Phrase)./ Take a ponche all the way to the floor and work with hand-scap as well as heel-sitbone connection (Collette Barry/BF)
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