

ODC School

2009 Summer Contemporary Workshop

ACCESSING TECHNIQUE THROUGH THE FELDENKRAIS METHOD

WITH AUGUSTA MOORE, Ballet Director



Photo by: Geoffrey Moore

MONDAY - FRIDAY
AUGUST 17 - AUGUST 21
1:30pm - 4:30pm

\$200

Registration: (415)863-9830 x100

WORKSHOP DESCRIPTION:

In this bodywork intensive, free yourself from the habits that inhibit ease, innovation and spontaneity. While we are able to gain strength, we must take the time to address coordination and a broader self-image. The *Feldenkrais* Method emphasizes student experimentation offering the opportunity to learn not from imitation but from an internal sensing and understanding that improves movement function and personal potential.

Augusta Moore, Ballet Director of the ODC Dance Commons, is dedicated to teaching compassionate, interesting and self-evolving material in her classes. She has danced a large a varied repertoire with the San Francisco Ballet, The Pennsylvania Ballet, and the Chicago City Ballet. Augusta has taught, directed and choreographer for a number of organizations including; Ballet Frankfort, Stanford University, Naropa University, San Francisco School of the Performing Arts, and Lines ballet. She mentors teachers, and individually, she has coached people from all walks of life. Miss Moore is a *Guild Certified Feldenkrais* practitioner and teaches Awareness Through Movement Classes at the ODC Dance Commons. Augusta has been teaching adult beginners for 30 years.

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