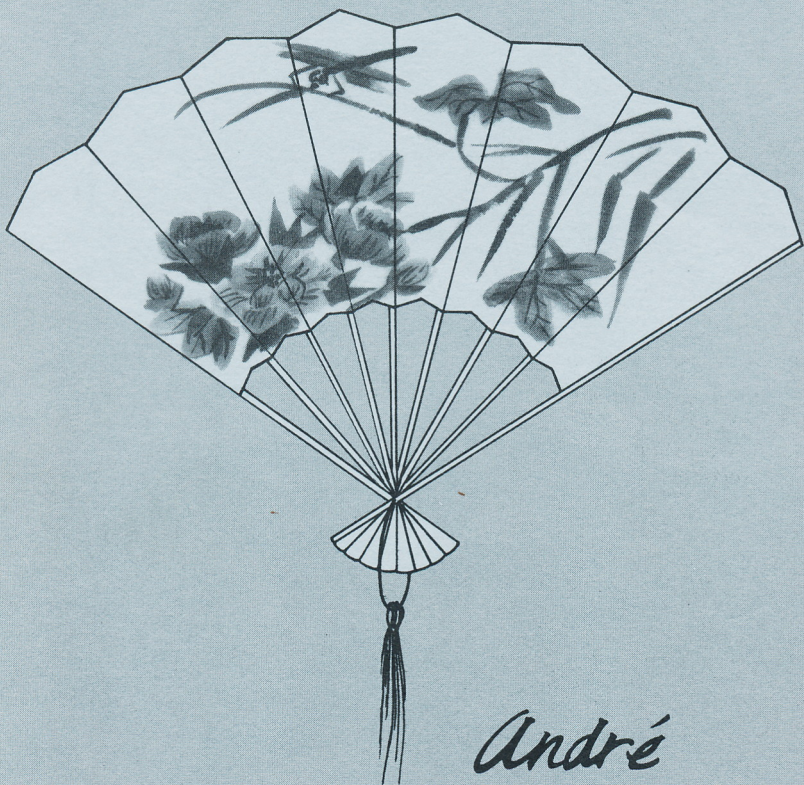
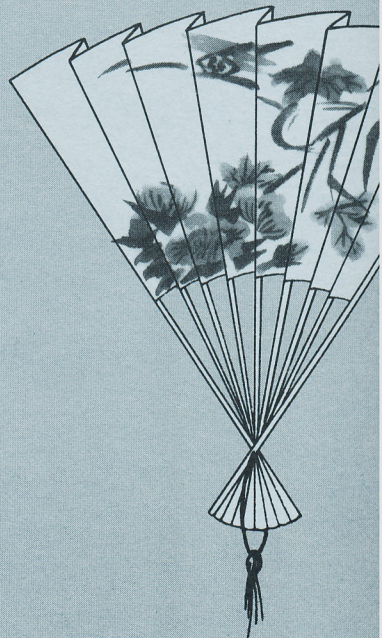
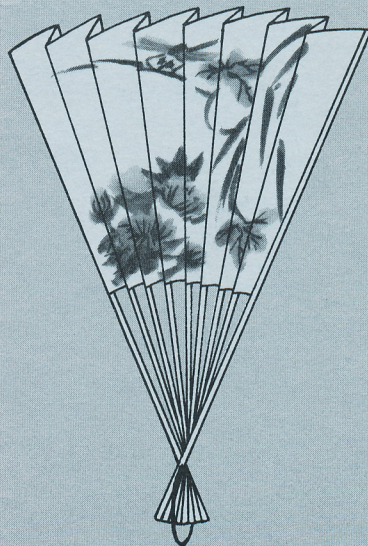
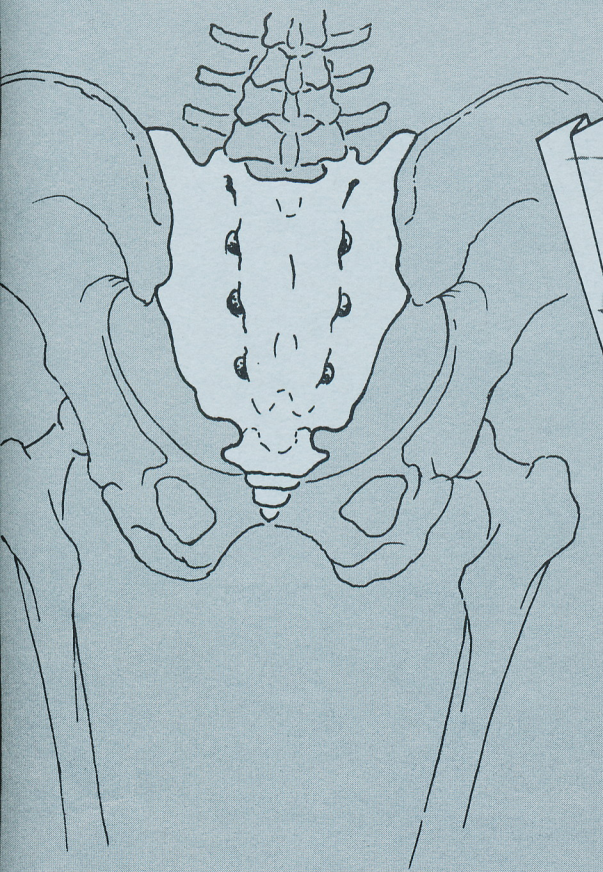


*Creative  
Body  
Alignment*



*André  
Bernard  
June 12-23  
1989*





Classes meet Mondays thru Fridays, 10-12 am or 7-9 pm,  
for combined levels of experience.  
Cost of the workshop is \$190 with a \$15 discount for returning  
students. A deposit of \$50 is requested by May 19, 1989.  
Make checks payable to André Bernard.  
Berkeley Moving Arts 2200 Parker St.  
Berkeley, Ca. 94704 information - 848-4878



# Creative Body Alignment

with André Bernard

## Nineteenth Annual Creative Body Alignment Workshop

In the 1920's an outstanding and unorthodox approach to freeing the human body of muscular stresses to achieve balanced alignment and ease of motion was developed by Mabel Elsworth Todd. Today this approach remains unique in its reliance on the creative mind to re-educate neuro-muscular patterns of body balance and motion. The process, both scientific and aesthetic, engages the student's mind through tactile, visual and auditory senses, turning concept into image and image into new muscle patterns.

Students return to this workshop year after year to renew and deepen concepts, while new students receive basic training which may be put to use immediately in daily activities, dance, athletics, performance, teaching, healing and in less body oriented activities and professions.

### SCHEDULE OF BODY ALIGNMENT CLASSES JUNE 12-23, 1989

Combined levels—Mondays through Fridays 10-12am or 7-9pm

Fees: *Body Alignment Workshop*—\$190

Workshop with discount for returning student—\$175

Workshop with discount for student enrolling in dance classes—\$175

Enrollment is limited so early registration is advisable. A deposit of \$50.00 is requested by May 19, 1989. Please make checks payable to André Bernard and specify morning or evening classes.

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ANDRÉ BERNARD, the foremost teacher of the Todd work, studied for ten years with Barbara Clark, one of Todd's most gifted students, following an educational background in chemistry and mathematics and a professional career in acting and dancing. Since 1966 he has taught body alignment as a member of the New York University faculty, and since 1971 has been returning each year to teach in Berkeley.

Berkeley Moving Arts  
2200 Parker Street  
Berkeley, Ca. 94704

For information: (415) 848-4878

# DANCE

with Ruth Botchan, Nan Bakamjian  
and Carol Loud

## Creative Body Alignment and the Art of Dance

Dance provides a form through which we gain a balance between our inner awareness and outer expression. The study of dance allows the student to apply body alignment principles to movement, and through this *direct experience*, to deepen and integrate many of the insights gained.

### SCHEDULE OF DANCE CLASSES JUNE 12-23, 1989

**Modern Dance:** *Intermediate level* taught by Ruth Botchan  
Wednesdays and Fridays 12:30-2pm  
*Beginning level* taught by Nan Bakamjian  
Thursdays 5:30-7pm

**Improvisation:** *All levels* taught by Carol Loud  
Mondays and Thursdays 12:30-2pm

Fees for those taking dance classes in addition to the two-week Body Alignment Workshop:

Body Alignment & 2 dance classes/week—  
\$175 & \$24.00 = \$199

Body Alignment & 3 dance classes/week—  
\$175 & \$33.00 = \$208

Body Alignment & 4 dance classes/week—  
\$175 & \$40.00 = \$215

Dance classes are also open to those not taking the Body Alignment Workshop.

1 class/week—\$14.00 (\$7.00/class)

2 classes/week—\$24.00 (\$6.00/class)

3 classes/week—\$33.00 (\$5.50/class)

4 classes/week—\$40.00 (\$5.00/class)

Single class—\$7.50

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RUTH BOTCHAN, dancer, choreographer, teacher, has taught at the Erick Hawkins School in New York, and danced with the Rod Rodgers and Beverley Brown Companies. She has been deeply influenced by the teaching of André Bernard, with whom she has studied intensively. She is co-director of Berkeley Moving Arts, where she teaches and directs her dance company.

CAROL LOUD, student of André Bernard and arranger for the Creative Body Alignment workshops, has been associated with Berkeley Moving Arts for many years as teacher of dance improvisation and creative body alignment. Her work is also influenced by Moshe Feldenkrais, Erick Hawkins and Bonnie Cohen.

NAN BAKAMJIAN has studied with André Bernard, Ruth Botchan and Anne Bluethenthal. She is a member of the Ruth Botchan Dance Co. and teaches dance at Berkeley Moving Arts. Nan also has a private practice in acupressure and body work.