



workshop with
André Bernard

COURSE DESCRIPTION

This course is based upon the work of Mabel Elsworth Todd and Barbara Clark. The principal methodology is the use of thoughts, concepts, and images in a free flowing non-rigid way. This technique has come to be known as ideokinesis.

In this course we are trying to improve the muscle patterns of the student—to bring muscles which are overrelaxed into action and to relax overtense muscles which should not be working. As improvement progresses, there is a general feeling of well-being, less fatigue from the day's activities, and a dynamic relaxation which gives one greater freedom in movement and unleashes one's creative powers.

This is not a course in exercises or dancing. Contrary to popular opinion, exercise per se or the study per se of such skills as sports or dancing does not usually bring about an improvement in the student's muscle patterns. Usually one simply learns to use his or her habitual patterns more skillfully, actually setting these patterns more firmly.

This course is unique in that it offers the student an opportunity to make basic changes in his or her muscle patterns. In order to make these changes, the student must bring to the course a vivid imagination and a great desire to change. Perseverance and application can bring about improvements that are beneficial to one's personal activities as well as his or her professional ones.

A CREATIVE APPROACH TO MOVEMENT AND ALIGNMENT

*Workshop With
Andre Bernard*

Body Mind HARMONY

*We seek to bring the ORGANISM
into HARMONY with itself so that
movement—posture—whatever—
FLOWS*

from the depth of one's being

Our tools are

IMAGES

CONCEPTS

*SENSORY
AWARENESS*

*First you think it
then you become aware
and then it begins
to happen*

Andre Bernard brings to his teaching of Ideokinesis a firm background in science and the performing arts. He studied chemical engineering at the University of South Carolina where he took his degree in chemistry and mathematics.

Pursuing a professional acting career, he studied acting in the professional classes of Sanford Meisner, Herbert Berghof and Anthony Mannino, and he appeared in over a hundred theatrical productions including off-Broadway, off-off Broadway, Summer Stock and Television. He was a resident of the Barter Theater and toured with one of its companies for one year.

He studied dance at the Martha Graham, Erick Hawkins and Charles Weidman Studios. He was a member of the Charles Weidman Dance Theatre for over two years and toured extensively with the company.

He studied the Todd work for ten years with Barbara Clark, one of Todd's most gifted teachers. He has been a member of the faculty at New York University teaching the Todd work since 1966.

In addition to his teaching career, he is also actively engaged in educational broadcasting, serving as an announcer-producer for WNYC RADIO, the National Public Radio station in New York City.