What will you learn in a workshop with Bette Chamberlin?

1) Let’s define posture. How to tune into habits that can interfere with good posture, balance, fluidity and strength.  What are the pitfalls?  What are the solutions?

2)  Tools to counter habits, including:

* anatomy - exactly where are your moveable joints?
* pausing to clear poor habits
* adopting new language to influence our kinesthetic system
* questioning our assumptions about muscular movement
* learning the difference between habitual ‘right’ feeling and new efficient thinking (often feels wrong!).

3)  Use the gravitational force as a helper.

4)  Explore tone (a level of tension).  I utilize the discovery of F. M. Alexander in all my teaching to help you become more aware of this.

5)  Activities suggested by you - both daily and ballroom.  We will explore from a new perspective.  Some examples of activities:

* Smooth/Standard frame.
* Hip action without ‘neck’ action.
* Lunge (side/front lunge, lunge to pick up something close to the floor, moving your arms/reaching up to get something taller than you.
* Working with your arms in various styles.
* Transferring your weight from one foot to another while lengthening your spine.

You will be learning the organics of *using yourself* in space and stillness for ballroom and everyday living.

Here is an opportunity to add comfort and ease to your life, whether on or off the dance floor.

Studio Owners:  Contact me to learn more and book a 1.5 hour workshop at your studio, ballroom event, or for private coaching, call 973 432 5815.