



Ann Rodiger: Embody the continuum of space through you and out into the world



Ann Rodiger is the Founder and Director of the Balance Arts Center in New York City, USA. She has been teaching the Alexander Technique and movement for over 35 years in academic and private settings. She is also skilled in Labanotation, Laban Movement Analysis, Bartenieff Fundamentals, Yoga, meditation and various dance techniques.

Through the principles of Biotensegrity, Alexander Technique and Laban, you can enhance your connection to yourself and your environment. Understand how your thinking, posture and embodied experience work together.

TOP EMBODIMENT TIP: Sense the space around you and keep your focus open.

Our proprioceptive and kinesthetic sense of self can be guided to new ways of being

- Through guided self-inquiry we build an awareness so that we can make choices to respond to any environment.
- Alexander Technique is about removing any interference that is preventing our experience of “rebounding gravity” through ourselves.
- One paradigm in modern culture is the “axial loaded compression system” however, if we adopt the biotensegrity model we can experience more of our three-dimensionality.
- We live in this sensory soup - as you learn to not be so pulled around by the sensory experience you create a whole body experience.

What to expect from the experience

- Participate in 35 minutes of guided movement either sitting or standing with the eyes closed.
- Experience spatial intention and the impact on your sensory experience.
- Get a better sense of the “rebound” from gravity.
- Learn how to guide yourself into better balance, alignment and experience in the world.

What participants said following their experience

- “It relaxed my muscle tensions”
- “It took me a bit, but having the sense of inner spaciousness is so deep”
- “The awareness of the rebound uplift is so helpful”
- “I would love to offer this practice to everyone who has slipped into the ‘flat land’ of the screen!”

Resources

- ◆ **Website:** <https://www.balanceartscenter.com/>



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Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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