

## **MARTIAL MOVEMENT GROUP**

### **Cultivating Power not Force**

This group is for movers, dancers, and martial artists who want to explore the use of power and flexibility from an "inside out" orientation. The work is around the release of muscular tension and 'over' reaction to cultivate more power and grace. The form combines the practices of Feldenkrais Movement, Aikido and Contact Improvisation. The dynamics include resisting/releasing, centering/falling, leading/following, pushing/pulling, stillness/flow. The classes begin with Feldenkrais exercises. From skeletal movements, breath and partner work—movement progresses to partner work using weight, power and direction. The ongoing focus will be on the contact point, skeletal movement and energy transfer

#### **LOCATION:**

Yoga & Nia For Life  
50 Beharrell Street  
W.Concord, MA 01742  
978-371-0088

#### **DATES & REGISTRATION:**

January 10<sup>th</sup> to April 8<sup>th</sup>, 2008  
Thursdays: 12-1:30PM  
To register, call 978-371-0088 or email [ynfl@msn.com](mailto:ynfl@msn.com)

#### **BIO:**

Mr. Klinger has a Black Belt in Aikido having studied 15 years with Kanai Sensei. He has a Masters degree in Movement Therapy. He has taught and performed Contact Improvisation for over twenty years. His studies with Feldenkrais movement include classes with Ruth Alon, Anat Baniel, Olivia Cheever and Bill Hutchinson. Additional influences include studies in Capoeira, Tai Chi and Shintaido.

