

Healing, Unfolding, Connecting, Touching, Flowing, Moving, Freeing, Discovering, Integrating, Listening, Voicing,  
Being

*Do you have trouble letting go of your head?  
Are you carrying the weight of the world on your shoulders?  
Do you experience back pain?*

**Come to an introductory workshop in**



# Body Dynamics™



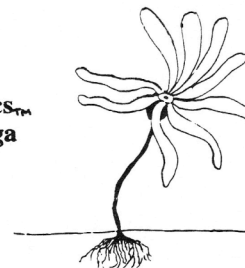
**to address and release tension in the  
head, shoulders, and spine**

*Body Dynamics™ is a form of hands on body work/movement  
designed to free you from habitual body patterns that  
inhibit the flow and movement of your body, voice, and  
emotions. Learn to work with your own body and that of  
others. Learn to access your own healing capacity*

**Where:** Rasa Yoga, 246 West 80th Street  
**When:** Thursday May 23, 7:00 - 9:00 PM  
**Cost:** \$25, Dress in loose comfortable clothes  
**Register** by calling 212-875-0475, Class Limited to 10 participants

**Workshop taught by Eliza Ladd Schwarz - Certified Body Dynamics™  
Instructor, Theater teacher, Actor, Singer, and longtime Rasa Yoga  
Practitioner. Call 718-625-0251 with questions about the work.**

Standing in the center place at once grounded and uplifted



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An Introduction to

# Body Dynamics™

-Movement for the actor

Body Dynamics™ is a form of hands on body work/movement designed to free you from habitual body patterns that inhibit the flow and movement of your body, breath, voice, and emotions.

An 8 week course from Oct. 15 - Dec. 3

Tuesdays from 6:30 - 9:00

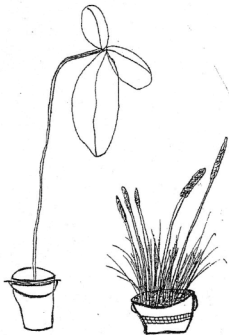
\$240\* for the two month course

at 65 South Oxford Street, Brooklyn

Taught By Eliza Ladd Schwarz

Please call 718 - 625 - 0251

for information regarding Body Dynamics™, private work, or to register for the class



Body Dynamics™ incorporates the modalities of Cranial Sacral, Feldenkrais, Alexander, and Pilates including hands on soft tissue release work. It is founded on the principles of Bioenergetic Analysis which combines work with the body and the mind to help people with the history of their experiences held in the form of chronic muscular tension. Body Dynamics™ provides actors with the opportunity to discover how we build defenses into our body structure and how this gets in the way of our work as actors. The class examines the muscular defense system, the inherent part of our biological intelligence which is fused with our instincts, experiences, and memories.

Eliza Ladd Schwarz is a certified Body Dynamics™ teacher, Actor, and Singer. She has taught at Hunter College, T. Schreiber Studio, Young Audiences of New York, Performance of a Lifetime, and Cooper Union among other places.

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\*Sliding Scale upon request and discussion

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## An Mini Summer Intensive in . . .

### **Movement For The Actor/Body Dynamics™**

## Freeing The Instrument

This workshop is for actors and anyone else interested in freeing up his/her body, breath, and voice in order to communicate more freely. The workshop will consist of hands on body work, ball work, and movement work designed to discover and help free the participant from habitual patterns. All the work encourages opening, stretching, and finding space and flow in the body. Ultimately this work is about allowing your own presence to be as it truly is -- full.

**A three evening workshop July 29 - July 31  
Tues., Weds., and Thurs. 7:00 - 10:00 P.M.  
at: SPACE 1618 1/2 Silver Lake Blvd.  
Silver Lake, 323-660-2185  
\$ 125 (includes two pink balls)  
Taught By Eliza Ladd**

**To Register call Lisa Remington at 323-650-3359  
workshop limited to 12 participants, sign up ASAP  
(wear loose fitting comfortable clothes, bring a towel to lie down on)**

**Body Dynamics™** incorporates the modalities of Cranial Sacral, Feldenkrais, Alexander, and Pilates including hands on soft tissue release work. It is founded on the principles of Bioenergetic Analysis which combines work with the body and the mind to help people with the history of their experiences held in the form of chronic muscular tension. Body Dynamics™ provides actors with the opportunity to discover how we build defenses into our body structure and how this gets in the way of our work as actors. The class examines the muscular defense system, the inherent part of our biological intelligence which is fused with our instincts, experiences, and memories.

**Eliza Ladd** is a certified Body Dynamics™ Teacher, Actor, and Singer. She has taught at Hunter College, T. Schreiber Studio, Young Audiences of New York, Performance of a Lifetime, Cooper Union For The Advancement Of Science And Art, Bankstreet College, Cal State at Fresno, and Shakespeare and Company.

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