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Lecture Demonstration 1969

The reason I was here is because I had been in your group and I had checked modern dance up and down the cell and you had checked

What is Dance? Dance is movement which has evolved from the full limits of one's own body. It is movement from the edge of the nails to the ends of the hair. It is movement that breathes.

Discipline and devotion are needed to develop a dancer. As in all arts there is an instrument. The dancers instrument is her body. Martha Graham says it takes about 10 years to become a dancer. That is with intensive study.

It is possible to study dance without thought of becoming professional. There is much to be gained. Since movement is a part of your every breath it is helpful to understand and use your body well.

I don't have to tell you how important good posture is or how important it is to know how to lift something from the floor or how to sit in a chair. *explain*
In a sense you are a dancer. *Take a simple movement of getting*
weighing Treat your body well and *with exercise and dance*
in turn it will treat you well.

training you can learn to use your body properly