A Somatic Approach to Aerial Dance

Julie Ludwick has spent two decades exploring ways of combining Aerial Dance training with the Skinner Releasing Technique (SRT). This approach allows dancers to hone their somatic listening skills while learning this challenging art form and leads students to discovering new ways of moving, improvising, creating and “being” in their world.

The workshop will utilize slides, video, lecture and hands-on tactile studies with participants who pair up together (optional activity). The workshop will showcase how this approach to dance training helps students to unleash their creativity and discover their own expressive potential while improving their technique and physical awareness.

Biography: Julie Ludwick is a dance teacher and choreographer with an Aerial Dance company. Fly-by-Night Dance Theater. She has been incorporating Skinner Releasing Technique into her practice for decades and became a certified SRT teacher in 1993. Since receiving her Masters in Dance and Dance Education from Teachers College she has taught dance to all ages (2-82) in colleges, community centers, public schools and private dance studios. She currently incorporates her SRT understanding into Modern Dance classes at Ballet Hispanico and her somatic-based Aerial Dance classes in Brooklyn. More info on Julie is available at: www.flybynightdance.org