

# KLEIN TECHNIQUE™

SUSAN KLEIN SCHOOL OF MOVEMENT AND DANCE



Klein School, 60 Beach Street, 4a, New York, NY 10013 • 212.226.6510  
www.kleintechnique.com

## MISSION STATEMENT

The mission of Klein Technique™ is to teach people, dancers and non-dancers, to move properly through connecting their bodies to the floor, to the space, and to its many parts to form a formidable whole. We are working with and are interested in deep changes in each individual's movement patterns, which will become integrated, into their entire being. Our goal is to teach movement from an individual perspective of internal knowing and understanding. Our aim is toward maximum physicality in function and overall health. The outcome is usually fewer injuries, faster healing, greater strength and function, and overall healthier well-being.

In Klein Technique™ we look at a person as a whole, not just as a body. We look at the body as a whole, not just the troubled parts. We are interested in analysis and integration, articulation and connection. We are working to integrate each individual's unique structure and movement. It is not enough to look at a person only in terms of structure, or even simply in terms of their structure moving in space. The energetic component, the moving aspect, the vibration within the body, must be considered, analyzed, and understood. Structure is the solid aspect of our body, our container, which holds us together in the connections that create our stability. Energy is the movement within our body that enlivens us and represents our mobility through our life force. In Klein Technique™, by uniquely working on the level of the bone we bring our structure and energy together. Bone is our deepest, densest structural tissue that also conducts the most energy through the body. We are working below the level of the superficial muscles and going directly to the bone and the deepest muscles of postural support. By doing this, we are able to work deeply into the body, changing the structural relationships within the body, the support from the floor, and the support from the space, while all the time activating and enlivening the energetic movement through the connections on the body level of the body.

The roots, stems, and leave of Klein Technique™ come from the art of dance. Our mission, particularly aimed at dancers, is to minimize injuries and maximizes movement potential. Toward this end is the maturity of all dancers. Dancers must learn to use their bodies properly and more efficiently so that they can dance into maturity with the fullness of the experience of life. It takes time to develop ones art. Dancers need that time.

© 2010 Susan T. Klein  
New York, New York

