

**MASTER CLASS: REGENERATIVE BODY ARCHITECTURE**

Access your creative inspiration and learn to move in new and transformative ways. Maureen Fleming, acclaimed New York City choreographer and performance artist, creates surreal movement poetry that gives birth to a new vision of the body.

Fleming's distinctive approach employs three transformative techniques: "internal exercises" stimulate and strengthen the muscles closest to the bone; "movement and metaphor" challenges students to think and move "past their physical form"; and "manipulations" incorporate stretching and Shiatsu techniques that increase joint flexibility and unlock blockages of energy, allowing for a more complete realization of a personal and creative vision.

This deep, regenerative inner work is geared for directors, actors, dancers, singers, yoga enthusiasts, therapists and anyone interested in discovering their movement potential through an efficient and integrated training that becomes a part of daily life.



**MAUREEN FLEMING**, an American choreographer born in Japan, has gained international recognition for her singular form of dance theatre. Fleming invents surreal movement poetry with the discipline of a classicist and the imagination of an iconoclast and explores through metaphorical images our never-ending search for what is universal about the journey of the soul.

After extensive study in Japan with Kazuo Ohno, co-founder of Butoh, an avant-garde movement developed in post war Japan, Ms. Fleming went on to perform with Ohno's son Yoshito Ohno and to tour internationally with performance artist and choreographer Min Tanaka.

Fleming has been awarded four fellowships from the National Endowment for the Arts, and three fellowships from the New York Foundation for the Arts, the NPN Creation Fund and Japan Foundation PAJ. She also has received two fellowships from Rockefeller MAP Fund, NEFA National Dance Project, Asian Cultural Council, NPN Performing Americas Tour, The Fulbright Commission, Japan US Friendship Commission, among others. She has been an artist- in-residence at La MaMa E.T.C. since 1984 and has been an adjunct faculty member at the Juilliard School: Dance Division, University of Minnesota-Minneapolis, and NYU Tisch School of the Arts.

"Fleming seemed to transcend the material world and enter a realm of pure spirit ... wondrous choreographic metamorphoses."  
Jack Anderson, The New York Times

"B. Madonna at La MaMa continually transcends theatrical expectations and constructs a state of perpetual presence... not unlike the effect of viewing the Grand Canyon or Niagara Falls... [Maureen Fleming] moves with the skill and the force of nature..."  
Wesley Doucette, NY Theater Review

"A sensation of danger, of a violence, of a revelation still remains there: that mixing of life and death, of image and flesh...that make us a human being, and that Fleming's courage opens for a moment into a fascinating and hypnotic wound."  
Ugo Volli, La Repubblica, Italy