



KLEIN TECHNIQUE™: APPLICATION

Klein Technique™ is unique in that it was developed specifically for dancers, by dancers. It is a way to learn to dance from an internal knowing, rather than an external shaping. Dancing, however, is not its only application. Klein Technique™ teaches the correct and efficient use of the body in any circumstance and very often through practice, injuries, created by incorrect movement patterns, heal. Unlike many other body “training” or exercise modalities, Klein Technique™ is both physically deep and mentally and spiritually profound. The uniqueness of the technique comes from the uniqueness of each and every individual. The depth of the work comes from going below the superficiality of our wants to the depths of our needs. In health we need to live in relationship to ourselves and to our environment. We need to use our bodies with increased internal connections to carry our unique identity, creativity, passion, ideas, and inspiration into the world. Klein Technique™ is also predicated on the fact that all living organisms thrive toward health.

Klein Technique™, like any art, is a never-ending cyclic process of learning, healing, and evolving through constant analysis, understanding and integration. Ultimately each individual will learn to function as an integrated human being, combining movement and expression. Instinct and re-patterning emerge as one. Dancers or non-dancers, artists or non-artist, anyone interested in increasing the functionality and efficiency of their body movement will benefit in studying Klein Technique™.

Klein Technique™ has been taught for upwards of thirty years in numerous countries. Among the hundreds of students are many of the very best known members of the dance community, including Trisha Brown, Stephen Petronio and members of their companies, as well as several world-renowned visual artists. Those who have followed the precepts of Klein Technique™ have found they gain a confidence and completeness that serves to underpin their work in their chosen style.

As Klein Technique™ has developed over the past 35 years it has become obvious that it is extremely beneficial for anyone who would like to gain a greater understanding, use, and function of their body. It is useful for anyone from the virtuosic dancer to the individual interested in learning how to use his or her body more efficiently and functionally correct. It is a workout that goes beyond the physical and into the practical, intellectual, and energetic.

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New York City, New York