

KLEIN TECHNIQUE™  
SUSAN KLEIN SCHOOL OF MOVEMENT AND DANCE



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## MISSION STATEMENT

The purpose Klein Technique™ is healing, not on a superficial level where all that is hoped for is minimal functioning, enough to “make do”, but healing on a profoundly deep level to help people gain, or regain, full use of their bodies to maximize all possibilities of each individual's movement potential. Klein Technique™ has helped numerous dancers and non-dancers alike who have reached the end of what traditional therapies have to offer in terms of helping them regain full use of their bodies, and/or move them out of chronic pain.

Klein Technique™ is unique in that it focuses on the bone, the deepest, densest structural tissue that supports the body, and also conducts the greatest amount of energy through the body. 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, in 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 as matter, only in terms of structure, only as a container. The energetic component, the moving aspect, the vibration within the container of our body must be considered, analyzed, and understood. Structure and energy are two parts of the whole of each unique individual; body, mind, and spirit and must be given equal attention.

Energy can be described both as a particle, matter, and a wave, energy. In fact everything is energy. Some aspects of the world, like a table, are mostly matter. Other aspects, like the wind, are mostly energy. Aspects of the world containing a life force, living within the cycle of nature, having both structure, (form), and energy, (movement) operate, connect, and integrate with each other. In Klein Technique™ we are working with and are interested in deep changes in each individual's movement patterns, which become integrated, into their entire being. Only through this fusion of structure and energy is this possible. Our aim is toward maximum function and overall health. The outcome is usually fewer injuries, faster healing, greater strength and coordination, and overall better well-being.

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