

## *Kinesthetic Edge*<sup>TM</sup> Releases Free *Feldenkrais*<sup>®</sup> Podcast for Dancers

For Immediate Release

Walpole, MA—*Kinesthetic Edge* is pleased to announce the release of *IntelliDANCE*, a free *Feldenkrais* Podcast for dancers—available now at <http://intellidance.blogspot.com> and coming soon to iTunes. A somatic technique that heightens kinesthetic awareness and improves overall body organization, *Feldenkrais* leads to healthier, more efficient movement patterns that enhance dance and can extend careers threatened by injury.

*IntelliDANCE* is hosted by Andrea Higgins, a Walpole resident, who for many years was active in the professional dance community in Boston. After retiring from the stage, she earned her Master's Degree in Dance and became certified as a *Feldenkrais Method*<sup>®</sup> practitioner. Higgins first became interested in *Feldenkrais* as a dancer suffering from a knee injury. "I had been in physical therapy for weeks and was not experiencing any relief. After just one *Feldenkrais* lesson I felt improvement. The pain wasn't gone, but it was definitely better," said Higgins.

As founder and director of *Kinesthetic Edge*, Higgins teaches clients of all fitness levels how to "move better." In addition to offering *Feldenkrais* workshops and private lessons, she publishes free audio lessons on her Web site, [KinestheticEdge.com](http://KinestheticEdge.com). Higgins caters to athletes from a variety of disciplines, but she developed the *IntelliDANCE* Podcast especially for the dance community. "I took some of my favorite *Feldenkrais* lessons and tailored them for dance-specific applications, explained Higgins, adding that, as a whole, the *Feldenkrais Method* comprises some six hundred "Awareness Through Movement<sup>®</sup>" lessons.

"The first episode of *IntelliDANCE* deals with alignment. Specifically, we look at the impact of turnout (i.e. the turned out position of the legs that ballet dancers must master, and which other forms of dance utilize as well) on spinal alignment," Higgins said.

Higgins hopes dance teachers, in particular, will listen to the Podcast. "Dance teachers can have a life-long impact on their students. I hope to provide them with simple movement exercises that they can incorporate into a typical class to bring about better, faster and healthier results," said Higgins.

Dancers who tune in will find information they can immediately begin implementing on their own. "Many dancers prepare for class by simply stretching. I would love to see more of them adding *Feldenkrais* to their pre-class warm-ups. Not only would it help them to better integrate their movement, but for those dealing with injury, like I was when I first discovered it, *Feldenkrais* can be a career saver."

The *IntelliDANCE* Podcast is available at <http://intellidance.blogspot.com>. A link to the

alignment lesson mentioned in this article appears beneath the October 1, 2007, post, titled: *Alignment for Dancers—Part One: The Inside-Out Principle*. Those who enjoy the program are invited to sign up for a free subscription to both the blog and Podcast.