



## THE ART & TECHNIQUE OF ISADORA DUNCAN

### *Fall-Winter Term*

*September 17, 2019 – January 29, 2020*

*(Vacations: November 26-27, 2019 & December 24, 2019 – January 15, 2020)*

#### **Class Schedule:**

<i>Ages 1.5 – 3.5 with caregiver***</i>	<i>Tuesday</i>	<i>11:00AM-12:00PM</i>
<i>Ages 3.5 – 5***</i>	<i>Tuesday</i>	<i>3:30PM-4:30PM</i>
<i>Ages 5 – 7</i>	<i>Wednesday</i>	<i>3:30PM-4:30PM</i>
<i>Ages 8 – 11</i>	<i>Wednesday</i>	<i>4:30PM-5:30PM</i>
<i>Ages 12 – Adult Beginner</i>	<i>Tuesday</i>	<i>5:30PM-6:30PM</i>

**Cancellations:** please visit [www.dancecomplex.org](http://www.dancecomplex.org)

**Inclement Weather Policy:** Classes cancelled when Boston and/or Cambridge Public Schools close.

#### **Class Rates:**

*Pre-Registration: \$210. for 15 classes*

*Sibling rate: \$195. for 15 classes*

*Pre-Registration payment is required and due in full by September 1, 2019.*

*No exceptions due to waiting list. No refunds issued after second class.*

#### **Class Location:**

*The Dance Complex, 536 Massachusetts Ave., Cambridge, MA 02139*

#### **\*\*\*Special Note to Parents with Strollers:**

We've been alerted that the Cambridge fire department FORBIDS strollers to be left in the entrance, hallways, and upstairs studios of the Dance Complex. If your class is held in Studio #7, you may bring strollers into the studio and store them to the side. If your class is held in an upstairs studio (such as Studio #2) you may lock strollers out front of the building on the bike racks. We greatly apologize for this inconvenience and appreciate your kind understanding.

Most sincerely,  
Dicki & Rachel

#### **Teachers:**

*Dicki Johnson Macy, BC-DMT, LMHC, M.Ed., IDMA: (617) 699-1804*

*Rachel Assaf, R-DMT, MA: (225) 572-1460*

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## PROGRAM REGISTRATION FORM

*Fall-Winter Term*

*September 17, 2019 – January 29, 2020*

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Student Name: \_\_\_\_\_

Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Desired Class: \_\_\_\_\_

Leotard/Skirt Size: \_\_\_\_\_

Please include:

3.5-5 and 5-7 yr students:	\$30 (skirt); \$20 (leotard) Alternate choice: \$25 (preschool youth tunic)
8-11 yr students:	\$45 (tunic); \$20 (leotard)
Teen/Adult students:	\$70 (tunic)

***Send completed form & pre-registration payment to:***

**Boston Children's Foundation**

**850 Summer Street #206**

**South Boston, MA 02127**

***Checks payable to: Boston Children's Foundation***

***\*Please note the Rainbowdance "no cell phone" policy. We will provide a special photo and video day during which all parents may film their children. We will provide photo release forms for all during that day. On all other days, we would request that you take the time to be present in the Rainbowdance experience with your children, leaving all tech in your bags!***

*Dicki Johnson Macy  
DickiJMacy@gmail.com  
(617) 699-1804*

**Boston Children's Foundation  
[www.bostoncf.org](http://www.bostoncf.org)**

# The Art & Technique of Isadora Duncan

*The choreographic etudes of Isadora Duncan explore, through the action/rest continuum, the dynamic relationship between affiliation and solitude. Celebrating Nature's unity and rhythm, these dances, remembering ancient rituals and archetypes, are simultaneously tribal and divine. The indomitable human spirit, ever hopeful, is present in this choreography and in all true healing. Isadora Duncan's goal for the "highest intelligence in the freest body": that every living child might have available to them the birthright of beauty, strength and freedom.*

*The "Art & Technique of Isadora Duncan" program offers to participating children celebratory explorations of relationship: to classical music; to peers; to the ancestral community; and to the natural world. The "Mother of Modern Dance," Duncan sought movements expressive of the human spirit; her technique: 1) glorifies natural movement; 2) sources rhythmic and emotional links fundamental to all life forms; and 3) traces dance to its sacred roots using mythological archetypes and ritual.*

*Duncan Dance classes for children offer a non-competitive environment designed to encourage healthy emotional, creative, and physical development. Dicki Johnson Macy, BC-DMT, M.Ed., LMHC, IDMA, has for the past 25 years encouraged children trained in this technique to remain responsive to beautiful music and to the joyful movements inspired by nature. Self esteem, grace, reverence, reciprocity and artistry are inherent to the work. A sense of rhythm and harmony develops as children dance the reconstructed choreographies to the music of Schubert, Chopin, Brahms, Beethoven, and Mozart.*

*Classes are offered at the Dance Complex in Cambridge for children aged 18 months through 18 years.*

## CLASS DESCRIPTIONS:

**Rainbowdance: Primary Rainbowdance** is offered to children aged 1.5- 3 years and a caregiver. A structured sequence of sound and gesture integrated movement activities encourage secure attachment to the caregiver and to the peer group, while providing a soothing and energizing first experience with peers. Through the language of the body children learn to discriminate safe and positive facial cues and physical territory exploring music, soft props and story.

**Rainbowdance Preschool** is the developmental sequel for children aged 3-5 years. The focus in the program is upon exploring the many dynamics of peer relationships. Children dance the sequences of the Primary program but are challenged toward competency as they embody stories whose themes are appropriate to healthy social development. Focus is placed upon reciprocity and the place of the child in the natural world.

**The Art & Technique of Isadora Duncan:** Rainbowdance prepares children aged 5-18 for this program. Having an established sense of harmony and affiliation to each other and to the natural world, they move forward to explore their unique and collective beauty and expression. Children explore emotional intention as it is manifested through music and physical movement. Themes include: Leadership and Following, Join and Retreat, Transition, Alone and together, Nature as Teacher, Myth Based Dances and Improvisation. Parents of 8-11 year olds may dance along for free; Parents of teen dancers will pay a reduced rate to join their child's class.

*Dancers with special needs are always welcome. We will work with you to find the right class placement and offer 1:1 sessions when appropriate.*