



THE ART & TECHNIQUE OF ISADORA DUNCAN  
*Winter-Spring Term*  
*February 2 – May 26, 2021*  
*(Vacations: March 16-17 and April 20-21)*

***Class Schedule:***

<i>Ages 3.5 – 5</i>	<i>Tuesday</i>	<i>3:00PM-4:00PM</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>

***Class Rates:***

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

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

*Pre-Registration payment is required and due in full.*

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

***Costumes are encouraged for virtual classes; required for in-person classes:***

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

**NEW!** We are offering gently used **silks scarves** to all our students, for use in every class. These beautiful scarves amplify the dancer's natural movements and help transform the environment into a world of imagination: **Small 21" silks for \$5 each; Large 35" silks for \$10 each.**

***VIRTUAL CLASS INFORMATION:***

- Zoom links will be sent via email after registrations are received, prior to the start of classes.
- In the event classes move to in person, tuition rates remain the same.
- **NEW:** Virtual classes will be recorded and can be accessed on demand if you miss a class you've paid for!

**PROGRAM REGISTRATION FORM**

***Teachers:***

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

*Rachel Assaf, BC-DMT, MA: (617) 453-8984*

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

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

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

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

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

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

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

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

**\*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**

*\*Registration forms may also be completed online here:*  
<https://forms.gle/TLigo2U8HYaosrqt9>

*\*\*Tuition may also be paid online via PayPal by following these simple instructions:*

1. Go to: [paypal.me/BostonCF](https://paypal.me/BostonCF)
2. Type your TOTAL Tuition Price and click "Next"
3. Type "**SPRING 2021 tuition**" in the "Add a note" section and click "Continue"

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 typically offered at the Dance Complex in Cambridge for children aged 18 months through 18 years. We will return to in-person classes when the time is right; our community's health and safety is our top priority.*

## 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.**

# The Art & Technique of Isadora Duncan

## *A Special Note from our Director on the Duncan Teachings:*

We love many things about Isadora Duncan's teaching. She inspires us to celebrate our unique beauty, to honor our strength, to find joy in our freedom. Her dance gives us access to these attributes. We value them in ourselves and pass them on to our children. Her lessons always reflect the value she places upon Nature as her inspiration. She honors the lessons of all its life forms, and celebrates our shared relationships. The experience of being part of this greater reality minimizes our perception of being alone or isolated. In difficult times such as those we now live, there is a tendency to experience this sense of isolation. Nature also reminds us that diversity is her norm. All life forms are interdependent; All are valued. She sought to establish a school for life. Her vision, a century ago, has foresight:

“Study the movement of the earth, the movement of plants and trees, of animals, the movement of winds and waves, and then study the movement of a child. You will find that the movement of all natural things works within harmonious expression and this is true in the first years of a child's life; then very soon the movement is imposed from without by wrong theories of education, and the child soon loses its natural spontaneous life and its power of expressing that in movement” (Duncan, 1928, p.77)

Isadora referenced the ancient Greeks. It was not Greek dancing that she mimicked, but rather their reverence for nature as their inspiration for art. We have enjoyed dancing the Greek Myths, as Isadora suggested. This year we will amplify the sources of our dance stories to include Native American and African legends. The value in this addition, beyond its obvious cultural inclusion, is the similarity that these traditions have with Isadora's in regard to nature. I have included here the words of my teacher and college advisor, Joseph Bruchac. He is a famed Native American story teller and scholar. His words, I believe, reflect this parallel:

“Most native people of North America perceive the natural state of the world as a state of balance. We are part of a great circle and we are not more important than plants or animals or the rocks. Animals and plants are equal to humans; they are described as ancestors and stories of animals becoming people, people becoming animals are common. Animals, whether they are connected to people or not, have their own families and traditions. And along with human beings they are part of a world that is meant to be in balance.” (Bruchac, 1992).

And from another of Bruchac's books which provides us with a vision for working with our children:

“Because Indians see themselves as part of nature, and not apart from it, their stories used natural images to teach both about relationships between people and between people and the earth. To the Indians, what was done to a tree or rock was done to a brother or sister. This outlook has important implications for environmental problems and solutions. Native Americans emphasize a close relationship with nature versus control over the natural world.” (Caduto & Bruchac, 1997).

So let us move forward together, through our stories as we honor them, as we dance them. Let us reclaim the harmony that is our collective birthright.

Warmly,  
Dicki Johnson Macy

### References:

- Bruchac, J. (1992). Native American animal stories. Golden, CO. Fulcrum Publishing.  
Caduto, M., Bruchac, J. (1997). Keepers of the earth: Native American stories and environmental activities for children. Golden, CO. Fulcrum Publishing.  
Duncan, I (1928). The art of dance. (ed. S. Cheney). New York. Theatre Arts Books.