

At the age of eight years Aviva began studying classical ballet as a treatment for asthma. Four years later she knew dance would become her profession and took lessons in modern, jazz, and classical flamenco dance. At age fourteen she left high school in order to study dance full-time, also giving regular performances. Two years later she was accepted as an associate member of the Imperial Society of Teachers of Dancing, began giving lessons, performing full-time and studying singing.

Since that time Aviva has performed in films, T.V., theatre, operetta, cabaret, night clubs, street theatre, art galleries, as well as giving dance lessons and lectures on the simultaneous study of anatomy and movement.

After years of work and travel through fifteen countries, searching for a perfect method of dance instruction, Aviva has finally settled in Amsterdam and developed her own, hoping it will eventually become the perfect method!

#### The Energy Exchange

is a continuing development, begun in Amsterdam, September 1973. It has been used successfully as therapy for the blind, deaf and asthmatic people in Australia, under the name of "The Marchinski Approach to Movement", 1974 & 1975, as well as training for sportsmen, actors, singers, gymnasts and dancers from 1974 to the present.

It is based on the studies of anatomy and dance.

The objects of the Energy Exchange are:

- a) The complete expression of the individual;
- b) To unite dance with the other arts;
- c) To allow the public to experience the joys and beauty of dance;
- d) To use all the possible natural movements of the body, thereby giving maximum freedom of style and expression;
- e) To extend the exploration of the possibilities of dance artistically, socially and scientifically.

#### The training

is designed to allow the students to develop their own personal techniques and abilities of physical expression in as short a time as possible.

There are various courses designed to fulfill different needs - e.g. Different courses for singers, footballers, families and for those who see dance as a way to relax.

The following topics form the basic training, however the emphasis varies for each course.

1. Basic Human Anatomy;
2. Line, Design and Counter-balance;
3. Listening to our Bodies' Instructions;
4. Movement and Dynamics;
5. Co-ordination;
6. Rhythm;
7. Vocal dance;
8. Exchanging Energy and Improvisation;
9. Subtleties of Visual Silences - Space and Time;
10. Massage.

The courses are for groups of six to ten people, however private lessons or larger groups can also be arranged.

Video equipment is often used as an aid to achieve the quickest possible results.

For further information about courses, theatre/arts projects, asthma therapy, performances and tours:

contact:

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