

MASTER INSTITUTE  
of  
UNITED ARTS

A N N O U N C E S

15 SESSIONS OF BODY CONTROL

by

FRED AND ELLEN MARLOS  
Members of Faculty

Beginning October, 1937

The aim of this course is to acquaint professional Health Education Instructors, as well as those interested in the study of the Modern Dance, with the basic principles of Relaxation and Body Control.

The method of relaxation and body control taught by Fred and Ellen Marlos to adults accents the importance of physical and mental re-creation, imparting a sense of proper posture, balance, and attuning the body to a definite feeling of rhythm.

This method is particularly adapted to the instruction of children, stressing the importance of the child's feeling of mental and physical re-creation, instead of fatigue, at the end of a lesson.

Physical relaxation is conducive to relief from mental tension and the student's mind is made fresh for any new efforts after a period of Body Control and Relaxation.

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Students attending the full 15 sessions will be qualified to apply for Teachers Alertness Credits, which will be granted to them by the Board of Education of New York.

Tuition Fee for entire 30 hours, given in 15 sessions..\$30.00

Further information may be obtained from Sina Lichtmann,  
Director, Master Institute of United Arts, Third Floor,  
310 Riverside Drive, New York City. Telephone: Academy 2-3860

- SESSION I Lecture: RELAXATION IN GENERAL. Importance of body relaxation; mental relaxation. Demonstration of relaxation; faults and corrections.
- SESSIONS II & III Practical application by the students of principles demonstrated in SESSION I. Relaxation of head, neck, shoulders, back, arms, hands, upper part of the body, legs, feet, joints, and single muscles.
- SESSION IV Lecture: IMPORTANCE OF PENDULUM PRINCIPLE. Complete relaxation necessary before swinging motion can be acquired; importance for the development of the upper part of the body, back, shoulders, chest; swinging and relaxation in mental relation. Medical point of view. Demonstration of pendulum motion.
- SESSION V Practical application by the students of pendulum principles explained in SESSION IV. Swinging of arms, hands, upper part of body, hips, legs, in connection with various sound effects. (Piano, gong, percussion.)
- SESSION VI Lecture: BREATHING AS AN IMPORTANT FACTOR IN RELAXATION. For the athlete, singer, actor; breathing when walking, running, jumping, lying down. Demonstration of these principles.  
Practical application by the students.
- SESSIONS VII & VIII Lecture: TENSION. Mental and physical tension in everyday life; concentration of will power; tension as a starting point of expression. Demonstration.  
Practical application by students, including practice of expression.
- SESSIONS IX & X Lecture: WALKING, RUNNING, JUMPING. Demonstration and practical application by the students; running and walking in tensed and relaxed conditions. Difference of effect; use of jumping rope.
- SESSIONS XI & XII Lecture: IMPORTANCE OF HANDS. For stage, dance, expression in daily life. Demonstration: Projected pattern as a basis for the development of expressive hand gestures. Long movements; space system.  
Practical application by the students.
- SESSION XIII Lecture: FLOOR GYMNASTICS. Breathing, tension, complete relaxation. Demonstration.  
Practical application by the students.
- SESSION XIV Resume of entire course.
- SESSION EXAMINATION. General review.

