



KLEIN TECHNIQUE™: HISTORY

Klein Technique™ was developed as a result of a serious knee injury Susan Klein developed as a dancer at 19. She began dancing at 5 years old and studied German Modern dance and Graham techniques. At 19, when she was on the verge of becoming a member in a major professional modern dance company, this injury began. She continued to re-injure her knee several times over the next four years and finally Klein Technique™ began to emerge from her personal struggle and education, both physically and intellectually. She began teaching professionally in NYC in 1972 and started her own studio in 1975, which still continues today. She has been most greatly influenced in her work with Barbara Vedder, D.C., Irmgard Bartenieff, Fritz Smith, M.D., J.R. Worsley, D. Ac.. Ms. Klein began a private practice in Movement Therapy in 1977, and became the fourth Zero Balancer to be certified in 1982. She graduated from The Traditional Acupuncture Institute in Columbia, Maryland in 1985, received a Bachelor of Acupuncture from The College of Traditional Chinese Acupuncture, U.K. in 1988, and a Master of Acupuncture from the Traditional Acupuncture Institute in 1990. She is also a Diplomat in Acupuncture of the National Commission for the Certification of Acupuncturists and Oriental Medicine. She was one of the first Certified Zero Balancers in 1983 and became a Senior Certified Instructor of Zero Balancing in 1989.

Klein Technique has helped many dancers and non-dancers alike, many of which have explored everything traditional therapies have to offer. In Klein Technique™ we look at a person as a whole, not just as a body. We look at the body as a whole, not just the troubled parts. We are interested in analysis and integration, articulation and connection. We are working to integrate a person's structure and movement. It is not enough to look at a person only as matter, only in terms of structure. The energetic component, the moving aspect, must be considered, analyzed, understood, and then reintegrated into each person as a whole and as an individual. We are working with and are interested in deep changes in a person's movement patterns with the aim of integrating these changes into their entire being.

Along with Susan T. Klein, Master Teacher and Creator of Klein Technique™, Athena Malloy(USA), Johanna Hegenscheidt(GER), and Karen Muenster Jameson(SWEDEN), Lisbeth Iverson(DK), and Barbara Mahler(USA), are Certified Instructors of Klein Technique™.

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