

Dr. George Russell

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Education

2000 D.C., Summa Cum Laude, University of Bridgeport

Thesis: *Exercise Compliance in Patients with Osteo- and Rheumatoid Arthritis*

1991 M.A.L.S., Movement Studies. Wesleyan University

Thesis: *Double Gravity: Writing Dance from the Dancer's Perspective*

1983 B.A., High Honors, Wesleyan University. Majors: College of Letters/Dance

Thesis: *Natural Bodies: The Body in Plato, Descartes and Freud*

Academic Honors and Awards

2000 Valedictorian, University of Bridgeport College of Chiropractic

1998 American Chiropractic Association Writing Scholarship

1983 Research Fellow, Center for the Humanities, Middletown, CT

Current Professional Activity

Bodyworker/Chiropractor in private practice, New York, NY

Executive Director, Getting Better: the center for bodywork and movement, New York, NY

Continuing Education Faculty, Swedish Institute, New York, NY

Movement for Actors Instructor, New York University: Atlantic Theater Conservatory

Private and Group Trainer, Supervisor, Consultant for yoga, bodywork, Pilates practitioners, trainers and other body professionals

Ongoing Education

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| 2012 | Getting Better: the center for bodywork and movement | New York, NY |
| | 8-hour training with Dr. Donald Murphy: <i>Assessment and Management of Lumbar Radiculopathy</i> | |
| 2011 | Life College Comprehensive Chiropractic Continuing Education. | Atlanta, GA |
| | 24-hour training: <i>Technique; Business Management; Ethics; Patient Communication; Philosophy Of Patient Care; Coding and Recordkeeping; Orthopedic Testing</i> | |
| 2010 | Whole Body Voice -- Katie Bull | |
| | 8-hour training: <i>Vocal production and posture; voice as physical training.</i> | |
| 2008 | New York Chiropractic College | Levittown, NY |
| | 27-hour Training: <i>Scoliosis management; Adjustment of the upper and lower extremities</i> | |
| 2008 | Dr. Donald Murphy | Providence, RI |
| | 12-hour training: <i>Managing Cervical Syndromes</i> | |
| 2004 | New York State Chiropractic Association | Uncasville, CT |
| | 12-hour training: <i>patient communication, confidentiality and diagnosis</i> | |
| 2003 | University of Bridgeport Post-graduate training – Dr. Marc Heller | Bridgeport, CT |
| | 15-hour training: <i>low force mobilization</i> | |
| 2003 | Kripalu Center -- Deane Juhan | Lenox, MA |
| | 15-hour training: <i>Connective tissue therapy</i> | |

- 2000 **Upledger Institute** Newark, NJ
15-hour training: *Level I Craniosacral Therapy*
- 1999 **Vladimir Janda, MD** Newark, New Jersey
15-hour training: *Rehabilitation for chiropractors*
- 1989 **Experiential Anatomy, Intentional Touch: Irene Dowd** New York, NY
80-hour training: *Anatomy, kinesiology, bodywork and movement analysis*

Publications and Academic Presentations

- 2004 Journal of the American Osteopathic Association Juhl, John.... Russell George, et al. "Prevalence of Frontal Plane Pelvic Postural Asymmetry, Part I". Vol. 104, No. 10 (Oct. 2004) pp. 411-421
- 1995 Israel Dance Quarterly "Dancers' Work".
- Congress on Research in Dance**
- 1993 NY Public Library New York, NY
Paper and Panel: *"Politics of the Choreographer/Dancer/Audience Relationship"*
- 1989 University of North Carolina. Paper/Panel: *"Writing Dance from the Dancer's Perspective"* Greensboro, NC

Teaching Experience

- New York University, Atlantic Theater Company** New York, NY
- 2003 - **Courses:** *Movement for Actors; Alignment*. **Guest classes:** *Posture techniques for acting teachers; body image and the actor; objectification and type-based casting for the young actor*. **Movement Coaching:** *Movement coaching and choreography for undergraduate performances*.
- Wesleyan University** Middletown, CT
- 2000-7 **Graduate Liberal Studies**, Movement and Dance Program
Courses: *Anatomy of Movement; Choreographic Improvisation*
Faculty Advisor, student performance theses and independent studies:
Teaching Methods in Kinesiology; Science of Posture; Learning Style in the Learning of Anatomy; Movement for Actors; Technology in Contemporary Dance ;Teaching Methods in Yoga and Dance.
- 1990-1 **Undergraduate Studies;** Visiting lecturer in dance.
Courses: *Dance Analysis, Writing and Criticism; Composition; Improvisation, Modern Dance Technique* .
- New York University, Tisch School for the Arts Dance Conservatory** New York, NY
- 2007 Guest Lecturer: *Rehabilitation and Injury Prevention for Dancers*.
- Kripalu Center for Yoga and Health** Lenox, MA
- 2006-8 25-hour intensives for bodyworkers and yoga practitioners: *The Spirit of Anatomy*.
3-hour classes for yoga therapists: *Hatha Yoga as Therapy; Yoga for the Tight and Flexible; Yoga and the Unusual Body*.

The Swedish Institute

New York, NY

2002 - Numerous continuing education courses for LMTs including: *The Low Back and Abdomen; Scalenes and SCM; The Ribcage and Breathing; Postural Analysis; Iliopsoas; The Knee; Beyond Rubbing the Hurt; Ease in the Shoulder; Head and Shoulders: the Neck in Context; Bodywork for Core Strength; Ankle, Knee and Hip; Treating the Jaw; Bodywork at the Hospital; The Shoulder and Rotator Cuff; Addressing Rotation; The Overlooked Forearm; Ethics*

Founder, Executive Director and Teacher, Getting Better: the center for bodywork and movement

New York, NY

2011 - Coordinate, develop curriculum, teach, and supervise other teachers for an organization to promote dialogue among the touch and movement fields and to provide continuing education for touch and movement professionals. Teach and/or Develop numerous courses, supervision groups, and seminars, including: **Classes:** *Shake, Rattle and Roll: Movement in Massage; Assessment and Treatment of Lumbar Radiculopathy; The Ribcage and Beyond; A 3-D Approach to the Neck, Low-Force Mobilization of the Lumbar Spine, Pelvis and Hips; Social Media for the Bodyworker; Regional Anatomy, Exercise, Treatment Review of the Body (10 weeks); Seminars: How do the Joints Move? Role of the Viscera in Fascial Complaints; Grand Rounds/Classes Scoliosis: Etiology, Management, Treatment and Presentations; Interdisciplinary Supervision Groups for touch and movement related professionals.*

In-Office Classes

New York, NY

2000 - *Upper Extremity, Scoliosis, Rotation, Anatomy of Breath, Psoas, The Jaw, The Knee, Nerves of the Neck and Low Back, Opening the Ribs, Mysterious Origins of Pain, Postural Analysis, Core Strength: Theory and Practice, Proprioception.*

New School University, Parsons School of Design

New York, NY

2007 Guest Lecturer: *Marketing and Body Image*

Yoga Teachers Association

White Plains, NY

2008-10 3-hour training course for yoga teachers: *Anatomy of Breath, Balancing on the legs*

Rutgers University

New Brunswick, NJ

2001 Guest Teacher. *Choreographic Improvisation*

Vassar College

Poughkeepsie, NY

1995-7 Guest Teacher. *Composition, Movement Coaching, Improvisation*

Connecticut Center for Massage Therapy

Westport, CT

2008-10 Graduate Studies Teaching. *Posture and Gait Analysis; Kinesiology*
2000-2 Undergraduate Course: *Anatomy/Physiology I; Kinesiology I and II; Human Kinetics*

American Massage Therapy Association		
	New York Chapter Annual Convention	Syracuse, NY
2009	Guest lecturer and teacher, technique and philosophy classes: <i>The Psoas, Postural Analysis</i>	
2010	Guest lecturer and teacher <i>Secrets of the Scalenes, Shoulder Injury</i>	Lake Placid, NY
Local Chapters		
2009-10	Guest lecturer and teacher <i>Advanced Postural Analysis, Piriformis</i>	Albany, NY
2009	Guest lecturer and teacher <i>Postural Analysis and the Piriformis</i> <i>From Perception to Action: Decisionmaking in the Massage Room.</i> <i>Head and Shoulders: The Neck in Context</i>	Syracuse NY Gardiner, NY Albany, NY
Swordspoint/The Privilege of the Sword		New York, NY
2012	Physical and vocal coaching for Ellen Kushner, author and reader of audio version of her novels.	
Iyengar Yoga Institute		New York, NY
1992-2002. Assist Master Teacher Peentz Dubble. Teaching and hands-on correction.		
Westchester Institute of Yoga		Hartsdale, NY
2009-11	Teacher training courses for Tao Porchon-Lynch certification: <i>Addressing Rotations in Yoga Practice; Balancing on Four, Three, Two, or One Leg, Flower on A Stem: the Neck in Yoga.</i>	
Iyengar Yoga Center		Somerville, MA
2002	Assist Master Teacher Peentz Dubble. Teaching and hands-on work.	
Yoga to the People Teacher Trainings		New York, NY
2010-11	3-hour master classes in anatomy and kinesiology.	
Rivertown Yoga		Dobbs Ferry, NY
2009	15-hour intensive: <i>The Spirit of Anatomy for Yoga Teachers.</i>	
Yoga Sutra Teacher Training Program		Philadelphia, PA
2009	15-hour comprehensive anatomy course.	
Evolve Yoga Center		Annapolis, MD
2006	14-hour training: <i>The Spirit of Anatomy—Unfolding Yoga in Practice; Anatomy for Yoga</i>	
Oceanside Yoga		Virginia Beach, VA
2008	14-hour training: <i>Anatomy in Practice</i>	
Club Fit		
2010-12	8-hour classes: <i>The Neck and the Lower back; The Ribcage and Beyond</i>	Briarcliff Manor, NY

- The Family Center** **New York, NY**
 2008-9 Guest Teacher for HIV Women's Wellness Support Group.
- The Breathing Project** **New York, NY**
 2007 2-hour classes for yoga teachers and practitioners: *Addressing Our Own Physical Issues; Observation & Origins of Pain, Acute and Chronic; Practical Principles for People Who Practice; The Spirit of Anatomy; Unusual Bodies*
- University of Bridgeport Chiropractic College** **Bridgeport, CT**
 2007 Graduate Lecture Series: *Postural Analysis in a Clinical Setting*
 2004 4-hour continuing education course: *Role of the Iliopsoas in Lower Back Syndromes*
- De Facto Dance Company** **New York, NY**
 2000- Dance master/Guest choreographer. Teach company classes; coach and choreograph dance. Recent performances: May 2012, Dance Art New York, New York City; September, 2011, Play Street, Jackson Heights, New York; June 2011, Jackson Heights Repertory Theater, Jackson Heights, New York, January 2010, University Settlement House, New York City
- Headlong Dance Company** **Philadelphia, PA**
 2002- Teacher/ Consultant. Teach courses in technique, improvisation, injury prevention and treatment. Advise dancers on alignment and performance. Facilitate 2-day strategic planning retreat for company directors.
- Nichole Canuso Dance Company** **New York, NY**
 2008-11 Regular technique and composition workshops and rehearsal consultant for interdisciplinary performance production.
- The Field** **New York, NY and Miami, FL**
 1992-5 Facilitator, teacher, trainer, advisor.
 Train and supervise peer feedback groups for artists. Co-wrote manual.
- Ongoing Movement Classes**
 1991- Ongoing classes for actors and dancers in Performance Technique, Alignment, Improvisation and Choreography.
- Memberships**
 Board of Directors, Ann Daly Consulting **Austin, TX**
 Board of Directors, Nichole Canuso Dance Company 2005-2009 **Philadelphia, PA**
- Language Proficiency**
 Read and speak fluent German; basic Italian and Spanish.

References and Writing Samples Available Upon Request.