

Dr. George Russell

101 Fifth Avenue, Suite 10C • New York, NY 10003 • (646) 654-9529

Education

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

Thesis: *Improving Compliance with Exercise Regimens 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

Professional Education

- 2008 New York Chiropractic College** **Levittown, NY**
27 Hour Training: Scoliosis management; Adjustment of the upper and lower extremities
- 2008 Dr. Donald Murphy.** **Providence, RI**
12 hours training: Managing Cervical Syndromes Teleconference
- 2004 New York State Chiropractic Association** **Uncasville, CT**
Continuing Education Weekend; Mohegan Sun Conference Center
Patient communication, confidentiality and diagnosis
- 2003 University of Bridgeport Post-graduate training** **Bridgeport, CT**
15-hour soft tissue training with Marc Heller
- 2003 Kripalu Center** **Lenox, MA.**
Connective tissue therapy with Deane Juhan
- 2000 Upledger Institute** **Newark, New Jersey**
Level I Craniosacral Therapy training
- 1999 Rehabilitation for Chiropractors** **Newark, New Jersey**
15-hour training with Vladimir Janda, MD
- 1989 Experiential Anatomy, Intentional Touch: Irene Dowd** **New York, NY**
Year-long courses in anatomy, kinesiology, bodywork and movement analysis

Current Professional Activity

Chiropractor in private practice, New York, NY

Continuing Education Faculty, Swedish Institute, New York, NY

Teaching Staff, New York University: Atlantic Theater Conservatory

Continuing Education Faculty, Connecticut Center for Massage Therapy

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

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".
- 1993 CORD/NY Public Library Conference **New York, NY**
Paper and Panel: "Politics of the Choreographer/Dancer/Audience Relationship"
- 1989 CORD, UNC/Greensboro. Paper/Panel: "Writing Dance from the Dancer's Perspective"

Teaching Experience

New York University, Atlantic Theater Company

New York, NY

2003- present Course: *Movement for Actors*

Wesleyan University

Middletown, CT

2000-2007 Graduate Liberal Studies, Movement and Dance Program

Courses: *Anatomy of Movement; Choreographic Improvisation*

Faculty advisor for students' 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*

1990-1991 Undergraduate Studies; Visiting lecturer in dance.

Courses: *Dance Analysis, Writing and Criticism; Composition; Improvisation, Modern Technique*

New York University, Tisch School for the Arts

New York, NY

2007 Dance Conservatory: Guest Lecturer: *Rehabilitation and Injury Prevention for Dancers*

Kripalu Center for Yoga and Health

Lenox, MA

2006-2008 *The Spirit of Anatomy*: two week long, hands-on intensive for bodyworkers and yoga practitioners. *Hatha Yoga as Therapy; Yoga for the Tight and Flexible; Yoga and the Unusual Body*; three hour seminars for yoga therapy students in training.

The Swedish Institute

New York, NY

2002-2008 Numerous continuing education courses for LMTs including: *The Low Back and Abdomen; The Scalenes and SCM; The Ribcage and Breathing; Postural Analysis; The Illiopsoas; The Knee; Beyond Rubbing the Hurt; Mysterious Origins of Pain*

New School University, Parsons School of Design

New York, NY

2007 Guest Lecturer: *Marketing and Body Image*

Yoga Teachers Association

White Plains, NY

2008 Three hour training course for yoga teachers: *Anatomy of Breath*

Rutgers University

New Brunswick, NJ

2001 Guest Teacher. Three hour class: *Choreographic Improvisation*

Vassar College

Poughkeepsie, NY

1995-1997 Guest Teacher. Classes: *Composition,* ²*Movement Coaching, Improvisation*

Connecticut Center for Massage Therapy		Westport, CT
2008-present	Graduate Studies Teaching	
2000-2002	Undergraduate Courses: <i>Anatomy/Physiology I; Kinesiology I and II; Human Kinetics</i>	
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>	
American Massage Therapy Association, New York Chapter Annual Convention		Syracuse, NY
2010	Guest lecturer and teacher <i>Secret of the Scalenes, Shoulder Injury</i>	
Iyengar Yoga Institute		New York, NY
1992-2002	Assist Master Teacher Peentz Dubble. Teaching and hands-on assistance	
Westchester Institute of Yoga		Hartsdale, NY
2008	Teacher training courses for certification and continuing education program, <i>Addressing Rotations in Yoga Practice; Balancing on Four, Three, Two, or One Leg.</i>	
Iyengar Yoga Center		Somerville, MA
2002	Assist Master Teacher Peentz Dubble. Teaching and hands-on assistance.	
Yoga to the People		New York, NY
2010	Taught 3-hour master class on hyper and hypomobility to 57 yoga teachers-in-training.	
Rivertown Yoga		Dobbs Ferry, NY
2009	Three-day intensive: <i>The Spirit of Anatomy for Yoga Teachers</i>	
Yoga Sutra		Philadelphia, PA
2009	Taught comprehensive anatomy course for teachers-in-training.	
Evolve Yoga Center		Annapolis, MD
2006-Present	Weekend-long trainings: <i>The Spirit of Anatomy—Unfolding Yoga in Practice; Anatomy for Yoga</i>	
Oceanside Yoga		Virginia Beach, VA
2008	Weekend Training for Yoga Teachers – <i>Anatomy in Practice</i>	
Club Fit		Briarcliff, NY
2010	Taught 1-day class on the neck and lower back	
The Family Center		New York, NY
2008	Regular Guest Teacher for HIV Women’s Wellness Support Group at this social services agency	

The Breathing Project **New York, NY**
2007 Courses for yoga teachers and practitioners: *Addressing Our Own Physical Issue; Observations & Origins of Pain, Acute and Chronic; The Spirit of Anatomy: 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 Chiropractic continuing education four hour course: *Role of the Iliopsoas in Lower Back Syndromes*

De Facto Dance Company **New York, NY**
2000- present Dance master/Guest choreographer. Teach company classes; coach and choreograph dance.

Headlong Dance Company **Philadelphia, PA**
2002-present Teacher/ Consultant. Teach courses in dance technique, improvisation, injury prevention and treatment. Advise dancers on technique, alignment, and performance, facilitate 2-day strategy planning meeting for company directors.

Nichole Canuso Dance Company **New York, NY**
2008 3-day technique and composition workshop for professional dance company

Nichole Canuso Dance Company **Philadelphia, PA**
2010 2-day consultant for interdisciplinary performance production. 1-day technique and composition workshop for professional dance company.

The Field **New York, NY and Miami, FL**
1992-1995 Facilitator, teacher, trainer, advisor.
Training, supervision of peer feedback groups for artists. Co-wrote manual.

In-Office Classes **New York, NY**
2000-present *The Upper Extremity, Scoliosis, Rotation, Anatomy of Breath, Psoas, The Leg Class, The Jaw, The Knee, Nerves of the Neck and Low Back, Opening the Ribs, Mysterious Origins of Pain, Postural Analysis, Anatomy and Development of Core Strength, Proprioception*

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.