

Dr. George Russell

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Education

- 2000 D.C., Summa Cum Laude, University of Bridgeport
- 1991 M.A.L.S., Movement Studies, Wesleyan University
- 1983 B.A., High Honors, Wesleyan University. Majors: Intellectual History/Dance

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

Private Practice

- 2018 Founder and Director, Getting Better Healing Arts
- 2000- Bodyworker/Chiropractor/Movement Specialist, New York, NY
- 2000 - Private and Group Teacher, Trainer, Supervisor, Consultant for dancers and dance teachers, yoga, bodywork, Pilates practitioners, personal trainers and other healing arts professionals

Teaching

University

- New York University, Atlantic Theater Company New York, NY
- Wesleyan University Middletown, CT
 - Graduate Liberal Studies Faculty, Movement and Dance Program
 - Undergraduate Program, Visiting lecturer in dance.
- Yale University, Guest Lecturer
- New York University, Tisch School for the Arts Dance Program, Guest Lecturer
- The New School, Parsons School of Design New York, Guest Lecturer
- Rutgers University New Brunswick, NJ Guest Teacher
- Vassar College Poughkeepsie, New York Guest Teacher.
- University of Bridgeport Chiropractic College Bridgeport, CT
 - Graduate Lecture Series
 - Continuing education instructor

Massage, Bodywork and Movement Therapies

- American Massage Therapy Association:
 - National Convention 2015, 2017, 2019, 2023
 - State Conventions: Maine, Illinois, Kansas, Michigan (2025), New Jersey, New England, Vermont, Massachusetts, New York, North Dakota, Washington State, Michigan (2025).
 - Continuing Education, numerous local chapters
- Jessica Katzowitz Center Massage Training
- Continuing Education Faculty, Swedish Institute, NY, NY
- Getting Better: the center for bodywork and movement New York, NY
 - Founder, Executive Director and Teacher
 - Seminars, Grand Rounds, Interdisciplinary Supervision Groups
 - Founder, Director, Getting Better Healing Arts, NY, NY
- TouchU Toronto, Canada: Webinar, Video, Facebook Live Interactive Practicum
- Connecticut Center for Massage Therapy Westport, CT: Graduate Studies Lecturer, Undergraduate Instructor

Yoga

Kripalu Center for Yoga and Health Lenox, MA
Entertaining Anatomy, Yoga for the Flexible and Inflexible
Yoga Teacher Trainings
Yoga Teachers Association White Plains, NY
Riverside Yoga, Dobbs Ferry, NY
Tao Porchon-Lynch Certification, Hartsdale, NY
Yoga to the People, New York, NY
Small Group Iyengar Anatomy, NY
Yoga Sutra, Philadelphia, PA
Oceanside Yoga, Virginia Beach, VA
Iyengar Yoga Institute New York, NY, Somerville, MA: Assistant to Master Teacher
Peentz Dubble.

Movement, Rehabilitation, Dance

Ongoing online posture classes for the general public, 2020-present
De Facto Dance Company New York, NY Co-Director, Teacher/Dancer/Choreographer
Kestrels Dance Group, New York, New York, Facilitator and Dancer
Headlong Dance Theater, Philadelphia, PA Guest Facilitator, Teacher, Business Consultant
Ongoing Movement Classes, NY NY. Performance Technique, Alignment, Improvisation and
Choreography.

Publications and Academic Presentations

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
Israel Dance Quarterly: “Dancers’ Work”
Congress on Research in Dance New York, NY. Paper and Panel: “The Dancer’s Identity”
University of North Carolina. Paper/Panel: Greensboro, NC: “Dancers’ Work”

Consultancies

Medical Director, Remedy Massage, NY, NY
Ann Daly Consulting. Member, Board of Directors Austin, TX
Nichole Canuso Dance Company, Philadelphia, PA
Member, Board of Directors 2005-9
Guest Teacher and Choreography Coach, 2006-
Headlong Dance Theater, Philadelphia, PA. Facilitator, directors’ retreat; Visiting Dance
Instructor
The New School, New York, NY Movement Consultant to Student Production
Vocal and body coaching, Swordspoint (Audiobook). New York, NY
The Field. Facilitator, teacher, trainer, advisor. Prepared facilitators’ manual.
New York, Miami

Languages

Read and speak proficient German, basic Spanish and Italian

***References, testimonials, a list of more than 70 original classes taught,
and writing samples available upon request.***