

## Dorian Leigh and the Mitzvah Technique

Dorian Leigh began dancing at the age of 4 and has been a dancer and ever since. Dancing classical ballet and choreographing professionally for over 20 years, Dorian sustained injuries due to the demands on her body. Finding no relief from conventional methods of treatment, she began to study and research her own injuries to heal them. As she learned about her body's incorrect alignment, Dorian began to connect her injuries to her spine and found herself drawn to the Mitzvah Technique. Disciplined practice of the Mitzvah Technique helped to rehabilitate, correct and re-align her spine. Her body healed itself and re-established its balance with gravity. Dorian Leigh has been practicing the Mitzvah Technique since 1987 and is a Certified Teacher and Practitioner since 2003. Dorian Leigh continues to dance and is an independent dancer/choreographer and teacher and has been teaching her own ballet classes since 2002, [www.balletnoir.net](http://www.balletnoir.net)

### MITZVAH TECHNIQUE

The Mitzvah Technique is postural re-alignment and re-education of movement. It is a gentle, healing art form which guides the body, through a simple rippling upward of the spine, back to health and wholeness. Using the force of gravity the Mitzvah Technique re-aligns the body back into its' proper alignment with gravity. This ground breaking technique affects the skeletal system as well as the neuro-muscular system changing the body's posture as well as improving overall health and wellness. The Mitzvah Technique is gentle and relaxing yet the changes are intense and the health benefits are to numerous to mention.

### STUDENT COMMENTS:

*"As a professional ballet dancer I was experiencing chronic back pain, and Dorian suggested adding a few simple Mitzvah movements to my pre-class warm-up. I experienced immediate results. For the first time in many months I was able to dance without pain. Continued Mitzvah practice has improved my posture, decreased muscle tension, and increased my enjoyment of physical activity. I have learned how to "tell" my body to relax. The Mitzvah movements are simple to learn and do, so I find it easy to practice at home. I believe that Mitzvah offers benefits for anyone who practices it."*

*C. Wolanski, ballet dancer & RMT*

*"Mitzvah is something that I think is necessary to everyone living in today's busy, fast, stressful environment. It is a great means to know your body, and to communicate with your body. Not only Mitzvah relaxes you physically, but mentally as well. After I have done Mitzvah, I find myself very light, tall, and relaxed, which leads me to feel very happy as well."*

*S. Song, computer programmer & hockey player.*

*After one month working with Dorian I was able to keep my spine straight all day. My friends found I looked taller and I had to adjust my computer monitor because it was facing down instead of towards me. One more thing: after practicing Mitzvah I feel so relaxed, actually weightless and at the same time I have a lot of energy.*

*G. Icevska, journalist*

STUDENT COMMENTS continued

*I started weekly Mitzvah Technique sessions with Dorian a year ago and attended fairly regularly, having arrived with neck problems, lower back problems and therefore posture problems. The change has been remarkable. It takes patience and faith in this technique. Now I feel great, holding myself straight and with no more neck or back problems. The time invested in Mitzvah was worth every penny! Dorian is a great teacher. She is there to make it all happen and cares about the individual progress of her students. Everyone feels she is there just for "me"! Whether you go to classes for the technique or for Dorian, both are great! I highly recommend the Mitzvah Technique.*

*H. Troubetzkoi, French Teacher*

*I have been attending Mitzvah classes for about a year now and really enjoy it. I feel very relaxed after a Mitzvah class, I find it relieves tension I have built up during the day. I often suffer from mild back pain and find that the Mitzvah techniques that I have learned help to alleviate my pain. Dorian is a fantastic instructor. She pays careful attention to detail and ensures that her students are doing the exercises correctly.*

*A. Banfill, administrator*

*As a visual artist, I spend a lot of time hunched over doing detail work. Stretching and massage soothed but never solved the tightness and tension in my neck, back and arms. Mitzvah Technique really gets to the root of the problem, making me re-evaluate my posture and consciously release the tension. When I feel the tension building up while I'm drawing, I do a few of the exercises Dorian has taught me and it dissipates that tension so I can carry on. It's becoming an indispensable part of my studio practice!*

*B. Howe, artist, ballet student*