

Theresa Ruth Howard's
my Body, my Image

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TEACHERS TALKING with Horton Master Ana Marie Forsythe

APR 11



I cannot tell you how immensely excited I was about starting this series. I got the idea after I interviewed Mrs. Forsythe for Dance Magazine's Teachers Wisdom section. Since we both work at the Ailey School we see each other almost daily but this was the first time that we had opportunity (and cause) to sit and talk about the work. We had such a great and dynamic conversation that neither of us wanted it to end. When writing for a periodical there is always that word count to contend with, all the great tidbits

of your interview can't make it to print. When I created *this* forum and it started to really take shape I thought back to my conversation with Mrs. Forsythe and immediately thought "This is the place for the extended remix of our interview!" It took a bit of scheduling but I am so proud and happy to bring it to you.

If you have encountered Mrs. Forsythe be it as a student, as a participant in her teachers workshops or elsewhere, you know how knowledgeable and passionate she about the work, she means business. But what you might not know is that she is absolutely delightful. To see her light up when she talks about her favorite fortification, or how brilliant design of the Horton technique is incredible, she still loves, and is fascinated by it, amazing considering that she has been teaching for over 50 years!!!

Here is part one of our chat! enjoy and take notes!



Some of the great things in this next segment relate to teachers, Forsythe says to teachers, "You have to know where you are going in order to start"

She also elaborates on how Horton -"Was designed for any body type" and how it makes it a technique that anyone on any level can access. The best part is what she reveals about the Horton School in California and what it DIDN'T have that might have been a key element in the structure and performance quality that is built into the technique. Well what are you waiting for watch it already!



Watch video: [here](#)