

Monday, September 28, 2020

Cross Move Lab Improv Lab 10/3

Company: Cross Move Lab
Location: New York, NY

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We invite you to join us for our free, weekly improv jam *No Time Zone* on Saturday! This week, we are happy to introduce guest artist Funda Gul as the leader of our jam.

Funda Gul is a Native of Ankara, Turkey. Funda has studied various movement disciplines beginning with Aikido in 2005 eventually earning her Black Belt. She then continued her movement journey and earned instructor certifications in Systema and Yoga. Funda teaches Contact Improvisation at Movement Research and continues her movement studies in House Dance, Parkour, Parcon, Authentic Movement, Tai-Chi, Qi Gong, Capoeira Angola, and Archery. Funda applies her martial arts skills into her movement teaching, in particular to Contact Improvisation. Her training in Yoga allows her to easily individualize the practice at hand according to students' needs and abilities. This approach helps Funda create an all-inclusive space for practicing movement. Also, her main inspiration for movement follows the idea of "Function creates the form," the idea that she has discovered during her martial arts and yoga training. In addition to being a talented mover, Funda also holds a Ph.D. in Mathematics from Stevens Institute of Technology.

We are excited to have Funda facilitate our improv jam this week and hope you will join us!

What: *No Time Zone*, an improv jam

When: Saturdays from 9:00-10:00AM EST (New York City morning time)
(9:00-10:00PM Beijing Nighttime)

Where: Zoom

Why: To stay connected

All levels welcomed

P.S.

If you would like to lead one of our improv jams, please let us know!

Cross Move Lab
New York, NY

For more information:
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