

August, 7-28, 2024

## August Physical Listening LABs

Company: The Equus Projects / OnSite NYC  
Venue: Embodied Studio Research  
Location: New York, NY

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JoAnna Mendl Shaw

Join us for Physical Listening LABs in August on Wednesdays from 9.30 am - 12.30 pm with JoAnna Mendl Shaw of The Equus Projects / Onsite NYC.

Dates: 8/7, 8/28

Please note there is NO LAB on 8/14 or 8/21

Embodied Explorations for Curious Humans!

Physical Listening is a somatic practice that sharpens our noticing and creative decision-making skills, each class explores a central inquiry through somatic experiences, guided improvisations, doodling, journal writing, movement making and group brainstorming.

In the LABs we ask these questions:

How can spatial intention improve my communication skills?

What does it mean to feel another person's energy?

How can I access my own creative instincts?

How can I avoid over-thinking?

How can I access deep play?

Please check the link to RSVP for a LAB session. Class cost is \$25 per session.

The Equus Projects / OnSite NYC  
115 Wooster Street #2R  
New York, NY, 10012  
917-533-4946  
<https://www.equus-onsite.org/physicallisteninglab>

Schedule  
August 7, 2024: 9:30am  
August 28, 2024: 9:30am

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