

Wednesday, March 4, 2015

Body, Mind and Image with K.J. Holmes

Company: Movement Research

Venue: Gibney Dance Center

Location: New York, NY

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Body, Mind and Image: Classes will investigate experiential anatomy through the lens of Body-Mind Centering®, developed by Bonnie Bainbridge Cohen, focusing on specific systems of the body (skeletal, organ, nerves, fluids, glands), and imagery and the physical imagination through Ideokinesis and the work of Mabel Todd (The Thinking Body) as learned from and with Andre Bernard. We will explore qualities, textures, thought processes and movement analysis applicable to creative expression, performance and healing modalities. KARINNE KEITHLEY SYERS TEACHES ON FEBRUARY 4&25, MARCH 11&18, AND MAY 27-JUNE 24.

Movement Research
280 Broadway
New York, NY, 10007
\$14

Schedule
March 4, 2015: 10:00am

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