

Monday, November 12, 2018 - Monday, February 25, 2019

BodyMind Dancing™

Company: Movement Research
Venue: Eden's Expressway
Location: New York, NY

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[BodyMind Dancing™](#)

September 10, 2018 - February 25, 2019

MON 6:15 - 7:30 pm

BodyMind Dancing™ is a somatic experience of anatomical gems and pleasurable dancing woven with improvisational structures and follow-along phrases. It is based in Dynamic Embodiment™, Dr. Eddy's combo of Laban/Bartenieff studies and Body-Mind Centering®. It includes individual, partner and group interplay that supports prowess and health by increasing body awareness. Release tension while you explore dynamic movement! Dancing rejuvenates!

[View our website calendar to learn more](#)

Movement Research
537 Broadway 4th Floor
New York, NY, 10012
2125980551

Schedule
November 12, 2018: 6:15pm
November 19, 2018: 6:15pm
November 26, 2018: 6:15pm
December 3, 2018: 6:15pm
December 10, 2018: 6:15pm
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