

Tuesday, September 15, 2015 - Tuesday, January 26, 2016

## CORE MOTION Inner Structure with Daria Fain

Company: Movement Research  
Venue: Gibney Dance Center  
Location: New York, NY

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CORE MOTION Inner Structure (Tuesdays)

Based on Qi Gong, this technical class focuses on the inner structure of the body approached as a whole organism. It is a tool to strengthen and cultivate core alignment in connection to all the systems in the body and the opening of energy centers.

NO CLASS NOVEMBER 26, DECEMBER 22-31

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

Schedule  
September 1, 2015: 8:00pm

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