

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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