

February 2 - June 30, 2016

CORE MOTION with Daria Fain

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

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Photo by Miana Jun

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February 2 - June 30

T TH 10am-12pm

Gibney 280 Broadway

\$14

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 of the systems in the body and the opening of energy centers.

CORE MOTION Contemplative Action (Thursdays)

Using the Chinese 5 Element Theory and other cognitive principles, we'll intuitively explore the correlation between organs/senses/emotions/intellect and the propriety of the material space that surrounds to initiate movement states and actions.

Daria Fain, born in the Mediterranean, has lived in Brooklyn since 1996. Her performing and teaching approach is based on 35 years of study and research of Asian philosophies of the body and human potential. www.dariafain.net

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

Schedule
February 2, 2016: 8:00pm

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