

February, 4-25, 2015

## Contact Improvisation with Elise Knudson

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Contact Improvisation is a partnering dance form. Skills such as rolling, releasing, giving and supporting weight, expanding range of spatial concentration, lifting, catching and falling all help one move with and through gravity, share weight in motion, and use momentum and flow in physical contact. These weekly classes, open to people of all levels of movement experience, are informed by the individual artist faculty.

Movement Research  
537 Broadway 4th Floor  
New York, NY, 10012  
\$14

<http://movementresearch.org/classesworkshops/classdescriptions/#cw1144>

Schedule

January 23, 2015: 8:00pm

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