

September 23 - November 18, 2016

## Ensemble Open Class

Company: LEIMAY  
Venue: CAVE home of LEIMAY  
Location: Brooklyn, NY

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### LEIMAY LUDUS: Ensemble Open Class

This class for the members of the LEIMAY Ensemble is also open to the community of experienced dance artists and body rooted performers.

The class starts with a progressive, energetic, dynamic, and rhythmic movement work-out across the floor focused in developing strength, endurance, flexibility and grounding. Following, the class shifts into gentle exercises aiding in the conditioning of a conductive body through the identification of the body's own weight in relationship to gravity and the cultivation of internal rhythm and fluidity. The class ends with a lab-like exploration utilizing imagination and imagery to trigger multiple body conditions and to engage with and identify flow of energy, as well as to experience complex system of processes occurring in and outside of the bodies.

Dates: Friday Mornings: Beginning Sep 23

Times: 10am - 11:30am

Sliding scale \$8-\$15

LEIMAY  
58 Grand Street  
Brooklyn, NY, 11249  
<http://leimaymain.cavearts.org/?p=4991>

Schedule  
August 7, 2016: 8:00pm

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