

August, 4-8, 2014

Jeremy Nelson - Summer MELT 2014 Intensives

Company: Movement Research
Venue: Danspace Project
Location: New York, NY

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JEREMY NELSON: Technique
10am-12pm August 4-8 \$120

"The classes are influenced by Nelson's 25 years of continuing study in the work of Barbara Mahler and Susan Klein, and by more recent studies in Alexander Technique, Feldenkrais® and Body-Mind Centering®. We will begin with simple exercises and stretches that encourage mobility and suppleness in the superficial muscles, establish clear connections and directions through the bones, and create a dynamic and weighted relationship with the floor. We will take this information and apply it to phrases of movement that involve moving boldly, covering lots of space, taking chances off-balance and finding a strength and ease in our dancing."

MELT Intensives are a series of daily workshops in technique, somatics, improvisation, composition that provide an opportunity to engage with some of the most innovative artists in the field of dance today. Register online in advance.

Movement Research
131 East 10th Street
New York, NY, 10003
<http://www.movementresearch.org/classesworkshops/melt/>

Schedule
August 4, 2014: 10:00am
August 5, 2014: 10:00am
August 6, 2014: 10:00am
August 7, 2014: 10:00am
August 8, 2014: 10:00am

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