

November, 3-14, 2014

Joanna Kotze (Morning Class)

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Intended as both laboratory and technique class, we will delve into the design of the body and its potential within a given moment. Through stretch and placement, technique studies, and movement phrases, habits will be discovered, challenged, and seen through a new lens. A concentration on the forces through the legs will lead to finding more range in separate body parts and ways to use weight into the floor.

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

Schedule

November 3, 2014: 10:00am
November 5, 2014: 10:00am
November 7, 2014: 10:00am
November 10, 2014: 10:00am
November 12, 2014: 10:00am
November 14, 2014: 10:00am

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