December, 9-23, 2014

John Jasperse (Morning Class)

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

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The class will begin with an anatomy focused warm-up, drawn from both traditional and recent techniques, aiming to align and re-pattern the energy flow in the body in order to find support from the floor and our connection into space. We will begin with simple movements, improvisation scores, exercises, and sequences gradually building in complexity. We will learn movement material, some from Jasperse's work and some created for these explorations. Our goal will be to integrate energetic patterning explored in the first portion of class and to play with different manners of experiencing and embodying the choreographic material.

Movement Research
131 E 10th Street
New York, NY, 10003
$14

Schedule
December 9, 2014: 10:00am
December 11, 2014: 10:00am
December 16, 2014: 10:00am
December 18, 2014: 10:00am
December 23, 2014: 10:00am

< back

previous listing • next listing