

April 13 - May 18, 2016

LEIMAY LUDUS: Community Class

Company: LEIMAY

Venue: CAVE, Home of LEIMAY

Location: Brooklyn, NY

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Led by LEIMAY core ensemble member Andrea Jones with other members of the ensemble, the [LEIMAY LUDUS Community Class](#) is a donation based drop-in class. This class is accessible to everyone and no dance or movement training is necessary. Note that this is not a performance oriented class.

LEIMAY has been investigating and exploring a variety of exercises which aid in the conditioning of a loose and fluid body. Through these exercises participants gain the opportunity to investigate the following principles: identification of the body's own weight in relationship to gravity, the cultivation of internal rhythm and fluidity, the development of muscular strength and pliability, as well as, spacial awareness and proprioception, and the utilization of imagination and imagery to engage with and identify flow of energy. This work can help to relieve tension and relax tired muscles, so whether you spend a lot of time in front of a computer or lead an active lifestyle, these classes are for you.

LEIMAY
58 Grand Street
Brooklyn, NY, 11249
3478384677
<http://leimaymain.cavearts.org/?p=1911>

Schedule
April 13, 2016: 8:00pm
April 20, 2016: 8:00pm
April 27, 2016: 8:00pm
May 4, 2016: 8:00pm
May 11, 2016: 8:00pm
May 18, 2016: 8:00pm

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