

October, 6-31, 2014

Levi Gonzalez (Morning Class)

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Class is an opportunity to create the space to fully inhabit our bodies and integrate various approaches of embodiment into our movement and artistic practice. We usually begin slowly, with imagery and gentle preparation inspired by various somatic traditions to access our awareness of the senses, the organs, the skeleton, the cells, gravity, and other energetic forces. Class may also include technical exercises, choreographic structures ("phrases"), improvisations, and performance constructs, with a focus on precision, ownership, and play. Through class I hope to nurture, challenge and further develop our collective and individual artistic practices.

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

Schedule

October 6, 2014: 10:00am

October 8, 2014: 10:00am

October 10, 2014: 10:00am

October 13, 2014: 10:00am

October 15, 2014: 10:00am

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