

September 22 - October 3, 2014

Luis Lara Malvacías (Morning Class)

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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This class offers an open space to observe and experience our own particularity and range of mobility, and fine tune our own needs. Through directed exercises, we'll focus on the breath, internal structure, weight, and the body's articulations and organization. At the end of the class a phrase is provided as a frame for processing the information provided. My class is influenced by my many years of work with Jeremy Nelson and my studies of several somatic techniques.

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

Schedule
September 22, 2014: 10:00am
September 24, 2014: 10:00am
September 26, 2014: 10:00am
September 29, 2014: 10:00am
October 1, 2014: 10:00am
October 3, 2014: 10:00am

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