

July 31 - August 4, 2017

MELT: Deepening Technique, Explorations in Body-Mind Centering®

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

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RoseAnne Spradlin by Ian Douglas

[MELT: Deepening Technique, Explorations in Body-Mind Centering®](#)

with [RoseAnne Spradlin](#)

M T W Th F

1-3pm \$125

Danspace Project

131 E 10th Street

New York, NY 10003

This participatory workshop will introduce explorations of human embryological origins to investigate core concepts at the heart of dance expression and technique. There will be a special focus on bones this summer, as we explore how our form 'informs' our consciousness, our dancing and life onstage. Repeat participants welcome; there will be new material. Class includes guided somatizations, partnering and individual improvisations. [REGISTER HERE!](#)

Movement Research
131 E 10th street
New York, NY, 10003
2125980551
<https://movementresearch.org/event/5361>

Schedule
July 31, 2017: 1:00pm
August 1, 2017: 1:00pm
August 2, 2017: 1:00pm
August 3, 2017: 1:00pm
August 4, 2017: 1:00pm

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